y, August 2, 2002 50 cents

Inside EBMUD fined for asbestos in reservoir roofs [A10]

Arts 'The King and I' makes all-too-rare appearance [C3]



lixed reviews for renewed plaza

ss commercially but a pointment

AC Transit hears pleas of Albany merchants

By Alan Lopez

ALBANY — A bus stop elv be moved about one b

See STOPS, Page A2

reek restoration delayed one year

By Alan Lopez
STAFFWRITER
CERRITO — A plan by Endows of Five Creeks, said the delay was a disappointment but with led leay an effort to retain restore the Cerritor k there for one year.
Led the absen working to reand realign the Cerritor k fer several years, as part plan to create a trail that would give the group time to work on restoring a creek near Pacific East Mall in Richmond.

"I'm a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a plan to create a trail that tight schedule. I'm not worried that the profession of the first of the creek and the several years, as part little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost nothing happens on time," Schwartz said. "It was a little bit disappointed, but almost

Uriver in fatal April crash won't be charged

accident suffered ar died from head trauma

state 880 in Milpitas resulting in the death of a 6-year-old Kensington Elementary School kindergartner, won't be charged with any crimes.

Nor will two other adults in the vehicle, returning from a day's outing to Santa Cruz along with six children.

None of the children wore leaf of a sport utility vehicle overturned April 1 on Inter-



Kids 'chute the breeze

Kids rush under the parachute and sit in its lip as they play mushroom, trying to form a large mushroom with the parachute, during the Harding Day Camp on Thursday July 25, 2002 in El Cerito, Calif. The 34 kids play games, do improve, make crafts, and sing. The program for kids age 6 to 9 runs from June 17 to Aug. 23 and is still open for enrollment.

Community Folk

Schools column



Martin Snapp

KNIGHT RIDDER

NEWS BRIEFS

El Cerrito

National Night Out set for Tuesday

The El Cerrito Crime Preven-tion Committee and the El Cer-rito Police will sponsor a "Night Out" as part of the 19th Annual National Night Out sponsored by the National Association of Town

the National Association of Town Watch.

The campaign involves citizens, law enforcement agencies, civic groups, neighborhood organizations and local officials from more than 9,000 communities from all 50 states.

The goal of National Night Out is to promote neighborhood unity. In El Cerrito, the plan is to focus on block parties with the aim of getting to know neighbors and police officers.

Some neighborhoods have shown unity simply by turning on porch lights and taking time to visit with neighbors, or walking through the neighborhood to gether.

gether.
For information call El Cerrito
Crime Prevention at 510-2154414 ext. 30, Det. Robert Pierson, El Cerrito Police, at 510-2154422 or Ky Katsumoto, ECCPC
Chairman, at 510-234-8704.

Albany-Berkeley

Still time to be part of the Solano Stroll

Nonprofit organizations and potential parade entries are invited to fill out applications to participate in the Solano Stroll, the East Bay's oldest and largest free street festival, which will be held Sunday, Sept. 8, from 10 a.m. to 6 p.m. in Berkeley and Albany.

Albany.

Applications for booth spaces and parade entries may be downloaded online at www.solanostroll.org or requested by sending an SASE to Solano Stroll, 1563 Solano Ave. #101, Berkeley, CA 94707 and ask for the type of application in which you are interested.

Albany-Berkeley

Comment period on Eastshore extended

The public review and comment period for the recently re-leased draft environmental im-pact report and General Plan of the Eastshore State Park extends until Aug. 29, 2002.

until Aug. 29, 2002.

All comments must be submitted in writing to Robin Ettinger, ASLA, State of California, Department of Parks and Recreation, Northern Service Center, One Capitol Mall, Suite 500, Sacramento, CA 95814.

A Regional Workshop will be held Thursday, Aug. 15, at Hs Lordship's Restaurant in the Berkeley Marina at 7 p.m. to take public comment and answer questions on both documents. Comments will be incorporated into the documents and presented to the States Park Commission for consideration in late November.

Bay Area

Help available for renters' assistance

renters' assistance

Trained volunteers are available to provide free help and answer questions about completing claim forms for the state's Homeowner and Renter Assistance Program, according to the California Franchise Tax Board.

The volunteer assistance program will provide free claims help through Oct. 15. Budget constraints have prevented staff at tax-board field offices from filling out claim forms, so the tax board is relying on the state's network of volunteers more than ever, according to state Controller and Franchise Tax Board Chair Kathleen Connell.

The Homeowner and Renter Assistance Program provides a once-a-year payment from the state to qualified homeowners and renters based on property taxes directly paid by homeowners and indirectly paid by renters.

For more information, forms

renters.

For more information, forms or to find out where volunteers are in your community, call the California Franchise Tax Board at 800-338-0505 or visit

Berkeley

UC investigating 15 Berkeley employees

Berkeley employees

University of California officials said Tuesday that they put 15 workers in the Berkeley campus' building maintenance department on "investigatory leave" while they look into allegations ranging from the falsification of timecards to drug and alcohol use on the job.

The university continues to pay the employees during the investigation, Berkeley campus spokeswoman Janet Gilmore said. She said in the statement that the investigation has been going on for several months. The statement offered no date as to when the suspensions occurred, and Gilmore refused to provide more details late Tuesday.

The allegations include misuse of campus property, timecard improprieties, and drug and alcohol use. The university police found that the allegations do not reach a level of criminal charges, according to the statement.

Gilmore said the investigation could lead to charges resulting in disciplinary action, including termination of the employees.

University Vice Chancellor for Business and Administrative Services Ron Coley did not return calls to his office Tuesday, Neither did Eric Haemer, the campus' director of its physical plant.

CORRECTION

A story July 26 story about historic Route 40, quoting Gary Whitlock of Pinole, should have referred to him as chair-man of the Northern California Cruisers' car show.

Stops

FROM PAGE A1

FROM PAGE A1
Chaney, Albany's community development director, "and the commission seemed to be leaning toward being OK with a new San Pablo location in front of Subway Sandwiches if the merchants could get some parking spaces back to them on the Solano side."

The idea of parking at the Solano curbside is complicated,

though, because of the number of cars making right turns south onto San Pablo from Solano. Without a bus stop on Solano, cars might still have a tough time parking there because of cars trying to make right turns, Chaney said.

The city staff is looking into feasible ideas and will present them to the Traffic and Safety Commission on Aug. 22. The City Council will then have the last word on the bus stops when it hears the proposal.

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EL CERRITO POLICE

Friday, July 19

■ THEFT — Property was remove from a vehicle parked in the 1200 block of Liberty Street sometime to tween 12:30 and 9:30 a.m.

■ THEFT — Property was remove from a vehicle in the 5600 block of MacDonald Avenue sometime between 8:45 and 10 a.m. The front passenger window had been smashed.

Saturday, July 20

- THEFT Property was remove from a vehicle parked in the 2500 block of Tamalpais Avenue sometin between 6 and 9:50 p.m. The vehicle's window had been smashed.
- THEFT Property was removed from two vehicles in the 11300 block of San Pablo Avenue sometime after
- VEHICLE BREAK-IN The driver's door lock of a vehicle in the 300 block of Behrens Street was punched out sometime between noon and 1:45 p.m.
- DRUG POSSESSION A man was arrested on suspicion of possessing methamphetamine and drug paraphernalia at 1:04 p.m. after he was stopped while driving at Rich-

ALBANY POLICE

Monday, July 22

■ THEFT — Thieves broke into a storage room on the 1200 block of Portland Avenue and stole items.

Portland Avenue and stole items.

■ DISORDERLY CONDUCT — A restaurant on the 1200 block of Solano Avenue reported that a man was inside who was intoxicated and throwing up. Officers contacted the 58-year-old Berkeley man and arrested him for disorderly conduct. He was cifed and released.

BAD CHECKS — Officers arrest an Oakland man for an outstanding Emeryville warrant for passing bad checks. He was cited and released.

Tuesday, July 23

■ CAR BREAK-IN — A resident on the 900 block of Nielson Street reported that during the night thieves broke into his car and went through the glove box. There were no wit-

■ CAR BREAK-IN — During the night thieves broke into a black '00 Honda on the 1500 block of Sonon Avenue. There were no witnesses.

mond Street near Manila Avenue

Sunday, July 21

- SHOPLIFTING A shoplifter as-saulted an employee at Walgreens with a pen at 10:17 a.m. after caught stealing. After the assault, the shoplifter fled.
- THEFT Cash was taken from a home on the 8700 block of Terrace Drive sometime between 1 and 6:45 a.m. One of the home's windows had been emphoral.
- VEHICLE BREAK-IN The pas senger door lock of a vehicle in the 1700 block of Wesley Avenue was punched out and property was re-
- VEHICLE THEFT A 1991 Hond Civic was stolen from the 5800 block of Central Avenue sometime between 2 and 8:30 a.m.

Monday, July 22

- THEFT Property was removed from a vehicle in the 6600 block of Hagen Boulevard sometime between 5:30 p.m. on July 22 and 6:40 a.m. the next day. The vehicle's window
- VEHICLE THEFT A 1984 Toyota Carnry was stolen from Key Boule-vard and Liberty Street sometime be-tween 4 p.m. on July 22 and 7:25 a.m. the next day.

block of San Pablo Avenue on reports of subjects described as three white males, driving a blue '91 Honda Civic, who had passed a counterfelt \$100 bill. Officers located the group and arrested a Kensington man, cited him and released him.

Thursday, July 25

CAR STOLEN — A resident on the 400 block of Stannage Avenue reported that her blue '91 Honda Civic had been stolen from the parking garage at her apartment building. She also reported that on July 4 thieves had stolen the stereo from her car. She had replaced the stereo two days earlier and now they had taken the whole car. A check found that Oakland Police had custody of the vehicle, but no suspects.

Friday, July 26

■ DUI — Albany officers stopped a vehicle near Marin and Pomona av-

Tuesday, July 23

■ PURSE-SNATCHING — A woman's purse was forcibly removed from her shoulder while she walking in the 200 block of Behrens Street at 10:20 p.m. The person who stole the purse fled on a bicycle.

THEFT — Cash was removed from the business Winston Tires sometime between 7:30 and 10:30 p.m. The front door was forced ope

Wednesday, July 24

- THEFT More than \$3,000 was stolen from a home in the 800 block
- of Bates Avenue.

 THEFT Property was stolen from a home in the 1000 block of Contra Costa Drive over a two-day period starting July 24. A person working at the home was suspected to have taken the property.
- THEFT Property was removed from a vehicle in the 10900 block of San Pablo Avenue sometime betwee 7 p.m. on July 24 and 9:30 a.m. the next day.
- WEHICLE THEFT A 1978 Datsun was stolen from the 2000 block of Mira Vista Drive sometime betwee 10 p.m. on July 24 and noon the ne day. The vehicle was later located at
- VEHICLE THEFT A 1998 Toyota Corolla was stolen from near Colusa and Fairmount avenues sometime be-

Saturday, July 27

■ VEHICLE VANDALISM — A resident on the 700 block of Key Route Boulevard reported that vandals had damaged his gray '91 Plymouth Volager. There were no witnesses.

ager. There were no witnesses.

SUSPICIOUS CIRCUMSTANCE

During the evening hours Albany officers responded to a parking lot on the 800 block of San Pablo Avenue on reports of a subject who appeared to be sniffing something from a plastic bag. Officers contacted the 34-year-old transient man and found him to be under the influence of an inhalant. Officers found he had a plastic bag containing glue and had glue on his hands and lips. He was arrested for being under the influence of a chemical inhalant, cited and released.

Sunday, July 28

■ CAR BREAK-IN — A resident on the 600 block of Madison Street re-ported that within the previous 15 minutes thieves had smashed the dri ver's side door window of her white 92 Volkswagen Passat. They then reached into the car and stole her purse from under the seat. There

tween 11:50 a.m. and 1:0s.

Thursday, July

- VINTAGE VEHICLE THE
- VEHICLE BREAK-IN
- VEHICLE THEFT .

Friday, July

■ ASSAULT — A man on suspicion of assault

Saturday, July

■ WEAPONS POSSESS

■ VEHICLE THEFT — Unity thieves stole a dark blue less kee from the 1200 block of & Avenue.

Monday, July

CAR BREAK-IN - A resi

Summary

■ FUNNY MONEY — Officers responded to a liquor store on the 700

OBITUARY

El Cerrito man was active in **Hillside Community Church**

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vanuable time.

I trained at the Culinary Institute of America and cooked at San Francisco's Boulevard, Paula LeDuc Fine Catering and Four Seasons in NYC. I am a resident of Montclair.

"Oh my

aching feet.

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Reginald Frederick Read, an active member of El Cerrito's Hillside Community Church, died June 23 at his home here after a long illness.

A native of London and a lifelong British citizen, he served in the Royal Air Force for seven years in England, North Africa and Germany. Mr. Read was employed by the Canadian Consulate in San Francisco, retiring in 1988. He lived in El Cerrito for nearly 32 years.

He is survived by his wife, He-len, a retired Albany schools li-brarian; son, Trevor; and daugh-ter, Kim Gallagher of London;

stepchildren, Eileen Andrade and Maria Mee of El Cerrito; Anto-nio Silva of Moraga; and eight grandchildren: Heather and Jes-sica Gallagher; Rocky and Chance Mee; Allyson, Bradley and Lucas Silva and Enrique An-drade

A memorial service will be held at Hillside Community Church, 1420 Navellier St., El Cerrito, at 2 p.m. Saturday, Aug. 24. In lieu of floral tributes, the family requests gifts be made in his memory to: Pathways Hos-pice, 7901 Oakport St., Ste. 3500, Oakland, CA 94621.



NOT SURE WHAT TO CO THIS WEEKEND?

THE JOURNAL

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Bill Krussink:510-748-1652
bkrussink@cctimes.com
Mike McGreehan: 510-748-1661
mmcgreehan:@cctimes.com
Scott Strain: 510-748-1662
sstrain:@cctimes.com

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shark experience, ninus the aquarium

s own habitat.
I note was a
rds away, who
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MARTIN SNAPP
Snapp Shots

the age of 12, and that's when his real fame began. His owner, Anthony Connell, kept him in his own private pasture at the corner of Tiburon Boulevard and Trestle Glen Road.

Since the only road in or out of town goes right by there, you couldn't pass without seeing "old Blackie." He was hard to miss: By his retirement he had a pronounced sway back, which got more pronounced every year. The local residents soon began to feel as if Blackie belonged to all of them. In spite of his sway back, they admired Blackie for his military air and the pride that came from once being a great horse. Mr. Connell would stop by every day to feed and water him, but so did many others. Visitors of all ages could be seen regularly feeding Blackie carrots, sugar lumps, and hay. Feb. 27, 1966, is a date local residents have permanently burned in their memories. That was the day Blackie collapsed and had to be put out of his misery.

"I can still remember driving hand seging all these peenled."

and had to be put out of his misery.

"I can still remember driving by and seeing all these people huddled around Blackie, trying to ease his agony," says long-time resident Larry Smith. "It was one of the saddest days of my life."

As news of Blackie's death

was one of the saddest days of my life."

As news of Blackie's death spread, residents looked for ways to express their grief. The Marin County Health Department granted them special permission to bury Blackie in his own pasture. Children from nearby homes walked over to bid silent farewell to their old friend and erect a makeshift cross to mark his resting place. Other children planted flowers on his grave. Still other children wrote poems in his memory. And from grown-ups, wreaths and other floral tributes poured in daily.

Blackie's grave is still there, still covered with flowers and lovingly tended by a group of volunteers who call themselves "Blackie's Brigade." In 1995, a life-sized bronze statue of Blackie was erected in the pasture.

Blackie lived for 40 years.

BART seismic bond issue on ballot Transit

By Brandy Underwood

OAKLAND — BART directors voted Thursday to add a \$1.05 billion seismic safety bond measure to the November ballot that will provide funds for retrofitting in the core areas of the transit

in the core areas of the transit system.

After reviewing three possible bond options that ranged from \$1.2 billion to \$1.5 billion, the board selected the least expensive proposal and subtracted \$150 million in funds it had already secured from Caltrans.

"Three years ago, I had to introduce this three times and I'd always say that the BART retrofitting is one of our most important projects, even more important than the extensions," said

BART Director Roy Nakade-gawa.

The vote was 6-0 with Director Dan Richard abstaining. BART President Willie Kennedy and Director James Fang were not at the meeting.

If two-thirds of the voters approve the bond measure, property owners from Contra Costa, Alameda and San Francisco counties will have to pay as much as \$14 per \$100,000 assessed value of their properties annually, said Scott Schroder, BART controllertreasurer. The average cost to property owners will be closer to \$8 annually over the 40-year life of the bond beginning in 2003.

Priority will be placed on improving earthquake safety in the transbay tube that thousands of

Fewer schools earn awards for test scores

By Suzanne Pardington

awards.
Other monetary awards for individual school employees — including up to \$25,000 for teachers and administrators at the most improved schools — were cut from the state budget after

ON THE WEB

Environmentalist Mary Jefferds dies at 81

By Denis Cuff

Mary Lee Jefferds' love of plants and wildlife steered her into politics and a prominent role in expanding the East Bay Regional Park sites in two counties. Jefferds, 81, died Monday in Walnut Creek of a long illness. A longtime Berkeley environmental educator and activist, Jefferds served on the East Bay Regional Park District board from 1973 to 1991.

She represented Berkeley and parts of West Contra Costa County.

County.

Jefferds served as president of the park board in 1988 when it persuaded voters to approve a \$225 million bond issue, Measure AA, to create and expand parks in Contra Costa and Alameda counties.

"Mary was largely responsi-ble for preserving many thou-



PROGRESSIVE"

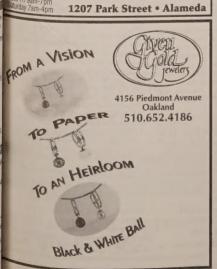




Mary Lee Jefferds Born: July 16, 1921, in Seattle Died: July 22 in Walnut Creek

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"... were it left to me to decide wheth a government without newspapers, or without a government, I should not he to prefer the latter."

EDITORIAL

Make the Plaza safe

It was a Spanish rancho. A greyhound racetrack. A regional shopping center before SunValley and Hilltop were gleams in a developer's eye.

El Cerrito Plaza stands on a site that has been many things to many people. And that hasn't changed. Some people love it and some hate it — and some people love it. and hate it.

As a huge, new Albertson's and chain stores such as Pier 1 and Bed, Bath & Beyond join the existing merchants in the center, El Cerrito residents and those from farther afield have come to shop, turning the refurbished plaza into a commercial success.

At the same time residents have

At the same time, residents have had concerns about the center's design, ranging from appearance to the safety of pedestrians trying to negotiate the oddly configured traffic lanes.

traffic lanes.

Certainly Barnes & Noble offers one of the few places to buy, say, classical music CDs in West County. And if you need a papasan chair, it's great to have a Pier 1 this close. Those new stores, along with the older tenants like the Kit & Kaboodle hobby shop and the German-British deli The Junket, make the Plaza a shopping destination.

But pedestrian-friendly it's not. Timid-driver-friendly it's not.

not.

It's possible to love being able to sip a cappuccino at Starbucks, buy fancy dog treats at Petco and get a cell phone at Cingular Wireless — and to hate the idea that many of the stores in the plaza are so far from each other that you can't park once and walk to them easily, or that you'll be run over by a confused driver trying to navigate the parking lot.

It's too late now to make major changes to the layout, obviously. But concerns about traffic safety need to be addressed, and sooner rather than later.

As Jill Keimach, community development director, has

As Jill Keimach, community development director, has pointed out, the plaza is incomplete, and its owners do have plans to improve traffic flow.

That's a good start — drivers who aren't distracted by unnecessarily complicated parking lots are more likely to drive safely.

And the city and developer also good to explore community and the city and developer also good to explore community.

drive safely.

And the city and developer also need to explore every measure that can be taken to make sure drivers and pedestrians don't meet in tragic ways.

Especially, the city needs to remember its large senior-citizen population. While many seniors are active and strong, a good many also are not — their safety while walking or driving should be a priority in any plan to mitigate the danger.

Shuttles from one area to another? Crossing guards? Valet parking? Every idea from the sophisticated to the homely should be entertained.

The plaza owners and the city, and the citizens it represents, need to make sure that every possible step is taken to make the plaza a safe, fun place to visit — for all those who shop there.

NO EXIT © Andy Singer

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LETTERS TO THE EDITOR

Israel defending itself

Israel defending itself

Nancy Kiang's letter (July 12) shows a total lack of understanding of the Palestinian/Israeli situation.

Ariel Sharon was elected by a land-slide by an Israeli public that had supported the previous prime minister, Barak, in his efforts to come to a peaceful agreement with the Palestinians by offering concessions, which included dismantling settlements, sharing Jerusalem, dealing with refugees, etc.

There was on the table a Clinton plan and a Barak plan. There was no Arafat plan. Instead, the second Intifada was unleashed by Arafat with its consequent murderous suicide attacks and other bombings. They were all directed at civilians, very many against young people enjoying life. This kind of brutality needed answers and no appeasement except negotiations would have worked.

Israel has had to defend itself in many wars designed to "drive the Jews into the sea." And since Israel was victorious, the Intifada is the most insidious new attack yet. The incursions by Israel into the territories are a reply, as all of Israel's military actions have been — a response to attacks.

An agreement with the Palestinians,

itary actions have been — a response statacks.

An agreement with the Palestinians, were they intent on being peaceful neighbors, could readily be achieved. The late "hard-liner," Prime Minister Begin, abandoned splendid settlements in the Sinai, now covered again by desert sand, to achieve peace with Egypt.

The people of Israel want peace and the U.S. government and Congress understand this. They know the Intifada kind of terror poses a threat to the whole world. That is why they support Israel.

Ray H. Redel
Albany

Dangerous design

Richard Stenquist's letter, "Bad planning," about the "revitalized" El Cerrito Plaza (July 19), is absolutely right.
One aspect he didn't mention is the lack of sidewalks for pedestrians and the dangerous traffic flow plan.
I predict there will be some major accidents there before long.

Minnie Favre

Minnie Favre El Cerrito

Try safety inspections

The Metropolitan Transportation Commission of the Bay Area should consider another alternative to the use of cell phones as a way to replace the roadside call boxes.

The time to catch vehicles that break down and cause traffic congestion is before they get out on the highway.

Thirty states have an annual vehicle brake and light safety inspection system for all automobiles that assures those vehicles are fully operative with basic details.

Of course, it's a little bit of bother, but like pollution it is far better to catch it at the source than to try to recover it later.

Charles Smith
Berkeley

Valid scrutiny

President Bush and conservative sen-ators had the audacity to complain that the Senate is being slow to approve Bush

judicial nominees.

The Senate has a right to look carefully over these judges' records. The judges Bush wants on the federal bench are up to no good. They want to roll back Native American sovereignty, a woman's right to choose, civil rights, and environmental laws.

For example, Bush nominated Charles Pickering to the 5th District Court, which covers Texas, Louisiana and Mississippi. However, there were some controversies over this nominee regarding racial matters. Reportedly, Pickering wanted to commute a jail sentence of a white man convicted of cross-burning at the home of an inter-racial couple in Mississippi.

Also, Judge Pickering rails against a woman's right to choose. Obviously, he and his fellow conservatives only care about children of color who are living. Fortunately, the Senate committees rejected this nominee.

President Bush should think twice about nominating judges that fit his ideology, since he doesn't have a mandate.

Billy Trice Jr. Oakland

Increasing our risks

Increasing our risks

Tripling price caps for power sold in California to an astonishing \$250 a megawatt hour is no way to stabilize California's energy market.

In fact, encouraging even greater reliance on natural gas electricity generation, as the Federal Energy Regulatory Commission said it was doing with this order, can only increase our risks of wild price swings and market manipulation.

The best way to ensure stable energy supplies and stable prices is to diversify our power portfolio by increasing our investment in clean, renewable energy.

The price of energy from new wind power in California is less than \$50 per megawatt hour, so why should we be willing to spend five times that on gas-fired generation? Investment in renewable resources is our best hedge against price volatility.

Julia Levin

Levin is with the Union of Concerned

Preserve Albany Bulb

I am a mother with two children who lives in Japan. I heard from my friend that the Albany Bulb and Plateau is threatened with sports field construction. I visited the area in March and was impressed with the nature that was not artificial, in spite of its being close to a big city.

The Albany Bulb and Plateau are valu-

HOW TO REACH US

Letters to the editor reflect the opinion of the writer. Letters must include your first and last name, address and day-time phone number. All letters are subject to editing for brevity and style. Not all letters may be published.

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able, rare places, having uniuntouched, freedom, artwo ture, and bicycling. I really cycling along the shoreline the artworks, and I had the walking around in the overgr I envy those who live nea they can enjoy real nature ar

walking around in the overgrowns I envy those who live nearby, but hey can enjoy real nature and he spirit. Their children get a chance joy nature, such as playing in the climbing trees, building tree houseing a fort, feeling the wind, hear song of wild birds.

In Japan, where I live, we don't chance to touch nature, even in the tryside. There are only artificial broads without mud, and no trees.

My children, ages 16 and 20, chance to climb a big tree or e spontaneous nature. This example rare in Japan, because our environ are artificial. If we want to expereal nature, we have to ride a carf a train for two hours.

Please teach your children the tance of nature and how those this fect us and make our lives mud beautiful. Our children should be that we must take care of our places our whole lives.

Yukari Yos Kvushu

Pay your taxes

Bill Simon blames the governor for state's fiscal crisis.

Maybe we wouldn't be in such at if people like him started paying taxes.

Current policy stinks

This administration is really hard to divert the American public tempting to convince us that we't take Iraq now and topple Saddar The real problem is at home—by crooked corporate executives greed leads to bankruptcy that fected millions of investors.

This administration must stay fron this problem in the corporate Send the crooked executives to is confiscate all their properties, turniproceeds over to the investors which cheated. That is the only way in might regain confidence in the stocket.

might regain confidence in the stock ket.

They should start with Vice Prespick Cheney, who should not hide by the walls of the White House. He is to come clean and face the court. The so-called surplus of a coupyears ago is no longer there and out has skyrocketed again. Our econosinking and unemployment is took (we deserve to have jobs).

Instead of wasting our tax dolls bomb another country, why can't bit at home to stimulate our econosit that urgently need attention. We stut off foreign aid now, because obegins at home.

It is really funny that our governcan tell other countries that their amounting to billions of dollars, given, without consulting the Ametaxpayer. I wish my mortgage consulted to the countries that their amounting to billions of dollars, given, without consulting the Ametaxpayer. I wish my mortgage consulted to the countries that their amounting to billions of dollars, given, without consulting the Ametaxpayer. I wish my mortgage consulted to the countries that their amounting to still the countries that their amounting the countries th



KINNEY is exhibiting a collection of black and white photographs titled 'Unrequited Memories and Life in the Bay of Fundy and the Minas Basin' at PhotoLab in Berkeley.

photos depict quiet, rural Nova Scotia

t place, she re-re men worked of and farming, ded homes, gar-

en. d of World War

c. cribes himself as stographer, takes pho-ompany a col-for International magazine based

e people start to re habits and cus-



ED KINNEY points to one of the Nova Scotia photographs of the home his wife lived in in Apple River, Nova Scotia.



CLARA-RAE GENSER

West Virginia. His father was an officer with Western Railways, and they moved around during the war. He went to college at Hampden-Sydney, a Virginia boys school, then joined the Navy and was sent to officers training school during the Korean War.

Assigned to the West Coast, he met Moreen, who had worked her way across Canada to Vancouver, then to San Francisco, working for Westinghouse, Canada. They met at a YMCA dance in San Francisco and married in 1967, one month before he got out of the Navy.

After earning a master's degree in chemical engineering at Virginia Tech, Kinney worked for Monsanto in St. Louis, where "there were great people, but I didn't like the weather." Returning to the Bay Area, he joined Chevron in 1961 and worked there until he retired in 1988.

"That's how I became interested in the Middle East," he says. The vast amount of oil this nation imported from the region piqued his interest. When the Kinneys first traveled to Iran, Moreen Kinney had to wear a chador, the dark, all-concealing robe all women must wear. That didn't curtail their rambles around the country, though.

When he retired, Kinney joined the Berkeley Camera Club and took photography classes.

classes.
"I have been very lucky," he

EXHIBIT

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Scotia
Where: Photolab, 2235 Fifth
Street, Berkeley
When: 8:30 a.m.-6:30 p.m. today
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says, "And I have had wonderful women in my life: my mother, my sister and my wife. Oh, and I had a good dad. I enjoy my life."

Married for 45 years, the Kinneys have lived in a handsome home they built in El Cerrito for the past 22 years.

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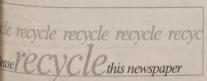


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THAT OH-SO-FRESH FEELING ZINCE 1773 ** ©2202 OHW IT HELINES

By Sewall Glinternick

THREE BUSINESSES and a company representative have joined the Chamber of Commerce in the past few weeks. The T-Mobile Wireless phone store at 3030 El Cerrito Plaza stocks a large assortment of phones and offers seven operating programs. The store has a staff of five, and manager Pete Bond vows, "Our store is all about customer service."

The store is open 10 am. to 9 p.m. daily.

The store is open 10 a.m. to 9 p.m. daily.

Cafe Cerrito at 9935 San Pablo Ave., opposite the Plaza entrance, serves breakfast and lunch from 8 a.m. to 3 p.m. Tuesdays through Sundays. Its specially is fresh food made to order with half-orders for those with smaller appetites.

Manager K.K. Chan came to El Cerrito two years ago from Hong Kong, where he was executive editor of the Chinese edition of Forbes magazine and co-founded one of the top 10 Chinese financial Web sites.

Chan's wife, Yuk Wan Wan, and brother, Simon, head the corporation, called Cozy N Foody, Inc., which owns the restaurant.

"Running Cafe Cerrito," Chan says, "has been a great way for me to learn about people in El Cerrito who love their community."

Barely used and new quality

DOING WELL BY DOING GOOD: Art and Lois Reckler have Coldstone Creamery, their new ice cream store in the Elk Cerrito Plaza, off to a sensational start.

nat business has been "wonderful."
Coldstone Creamery makes ice cream and frozen yogurt creations which are mixed fresh daily on-site. Orders of ice cream, yogurt and Italian sorbet can be customized with an almost unlimited variety of mixins, from fresh fruits and nuts to brand-name candy, cookies, brownies and more.
About 20 part-time and two full-time workers are on hand to combine the mix-ins and ice cream on a frozen granite stone, ensuring that the concoction is blended evenly and it stays at the perfect temperature: 5 degrees.

The Beekleys are leading to

grees.

The Recklers are looking for more employees who are 18 years or older to open and close the store.

The Coldstone Creamery is open 11 a.m. to 10 p.m. Sundays through Thursdays and 11 a.m. to 11 p.m. Fridays and Saturdays

newed membership for another year.

Chamber leaders thank: Horrigan Chiropractic, Abbey Pet Hospital, Meeting Expectations, CFC Corporation, Coldwell Banker-Bartels Realty, Connors Overhead Doors, Giovanni's Produce, Cal Fed Bank, Yolanda's, Miracle Auto Painting, Hackenberg Booksellers, Atlas Liquors, Muffler Works, Antiques & Upholstery, Tri-Service Auto, Marty's Motors, Super Print, Music Works, Denny's Restaurant, Bo's Donuts, Skein Lane, Terrace Motel, Advance America and Harry Rabin & Co.

Bell gets rolling at CHP off

■ Stephen Bell, 40, took charge in June of the Dublin-area post, which he says will be his last

By Brian Anderson

By Brian Anderson

TIMES STAFF WRITER

DUBLIN — Freeway driving is pretty anonymous.

Windows are rolled up, music is turned on and the few conversations that do break out are usually between angry motorists.

But Stephen Bell, the new commander of the Dublin office of the California Highway Patrol, is hoping to change that.

"What we're trying to do is develop partnerships," Bell said. "Traffic touches everybody. We want everybody to bring something to the table."

Bell, 40, took command of the Dublin CHP's nearly 400 miles of roadways on June 19 following Capt. Cliff Noble's retirement after 34 years on the state police force. It is his final stop, he said, on a CHP career spanning nearly two decades.

Born in Connecticut, Bell later headed west to the arid confines of the desert, attending Arizona State University where his brother Jerry Bell was a star football player before being drafted by the Tampa Bay Buccaneers.

drafted by the Tampa Bay Buccaneers.

He was thinking about becoming an attorney and transferred to Cal State Hayward to pursue a criminal justice degree, he said. But a CHP recruiting visit snared his attention and his career as a law enforcement officer began to take flight.

Bell found himself in the CHP academy, learning about the law and his duties working for one of the country's largest law enforcement agencies.

of the country's largest law enforcement agencies.

Ready to get to work, Bell graduated the academy in 1984 and found his first assignment out of the Coalinga office in Fresno County. He has since served in Oakland, Hayward and Sacramento, taking jobs as a public affairs officer as well as in the mobile road enforcement division, which inspects big rigs rolling through the state.

EXPRESS FACIAL and NECK/SHOULDER

MASSAGE

STEPHEN BELL, in his office Tuesday, is the newly appointed commander of the Dublind California Highway Patrol. He hopes to develop partnerships with citizens, making the traffic driving conditions better for everyone.

"Having everybody working together is really a goal of mine."
Bell said "As I immerse myself into the community, hopefully I'll find out where there are other opportunities to accomplish thes."

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RON THRALL tries to get his 40-foot bear in the air during the 17th annual Berkeley Kite Festival and West Coast Kite Championships last Saturday (there are four bears in the U.S. and all were at festival) The event had kite-making workshops, kite-flying lessons, kite ballet, a kite-powered buggy and other activities for the public to see or participate in. Kite flying is a daily activity at the park, at the foot of University Avenue by the Berkeley Marina. The park is open daily from dawn to dusk. For more information cal 510- 644-8623.

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See KIDS, Page A8





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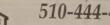
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FROM PAGE A7

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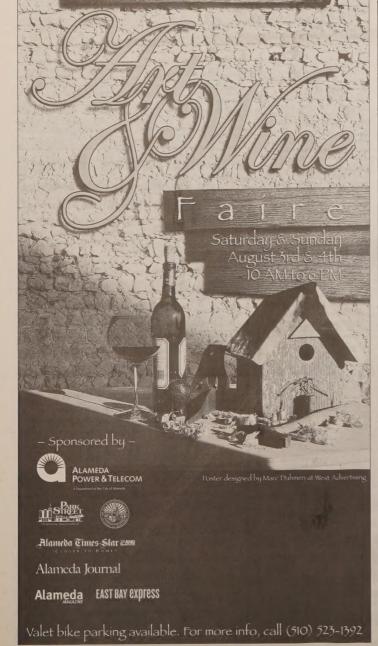
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ers of the plaza — es, developer Do-ongs Drugs — cre-

1999.

In the aredevelopwe had very little
final design,"
The design review
input but it didn't
destrian-oriented

planning commis-stainable El Cerrito, advocates against wl, had proposed its illage" plan for the x of housing, retail pace — similar to

sing, ted it to be like small-ca. That is what we g for, to give us a cen-e of place," said Lori

Glinternick, the man-El Cerrito Chamber of said the matter boiled nat was profitable for who wanted a fully

have had lot of open ess to lay around and concert," Glinterneck stainable plan. "None

of which is bad, none of which make you any money, and the dead of the uring, which is bad, none of which make you any money, and the dead of the uring, which is been the dead of the uring, which had the unwillinged in the dead of the uring, which had the unwillinged in the dead of the uring, which had the unwillinged in the dead of the uring the company that here are something like of the plaza, play which had the unwillinged on the deaded. "It so a cutter for the plaza and the special problems with the plaza.

Bealga problems

We all sort of inherited this plaza, have men as they was all they aren't square as they aren't square as they was all the unit should be on a normal public street, according to all keimach, and they aren't square as they are the aren't square as they are the aren't square as they aren't square as they are the aren't square as they are they aren't square as they are the aren't square as they are they aren't square as they are the aren't squ

El Cerrito Electrolysis

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FROM PAGE A1
\$350,000 grant from the California Coastal Conservancy was also awarded to the city to help pay for design and restoration of the creek Work to realign the creek, to prevent erosion and help restore it, was expected to begin this August but has been pushed back a full year to accommodate PG&E, which must first remove five utility poles along the creek corridor. The Department of Fish and Game, which oversees construction on waterways, allows the creek work to be done only between Aug. 15 and Oct. 1, so the city is delaying the project to give time to move the utility poles.

"Rather than rushing to get the

project done and not making good choices just because there was a short window to construct it. I think it's gong to be better in the long run," to delay the construction, said Jill Keimach, community development director.

Keimach added that with the delay, Regency Centers, the developer that owns much of the plaza, might help pay to put the utility lines underground rather than just move them.

In addition, money from two pending grants may be used to pay for construction costs thanks to the delay.

Schwartz said the delay may even create opportunities to daylight more of the creek.

"That's why I'm not terribly disturbed," she said. "This is really a long term effort."

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Norma Landeros and Maria Nuñez also had serious head and neck injuries that required surgery. Rascon and her two children, a boy, 13, and giril, 7, had no significant injuries.

Highway Patrol officer Les Bishop said Rascon was in the fast lane when another vehicle, probably a black, four-door Honda, cut in front of her.

As Rascon evaded the car, she lost control of the Escalade, which overturned and came to a rest on its roof, ejecting four of the children, Bishop said.

"This is a very sad example of what can happen if people don't buckle up," Bishop said.

He classified the accident as a "non-contact hit-and-run," adding, "we don't have any leads in (identifying) this (Honda) vehicle."

Other than the children not wearing seat belts, which is an infraction that carries a \$100 fine, eradults, Norma Lan-Maria Nuñez, both of had already suffered usin, Alex Nuñez, then ner Elementary School ader, spent several weeks a. He is recovering at this mental and motor have not rebounded, rel-

boys were sitting in the 1999 Cadillac Es-vere ejected during the ing with Alex's sisters II, and Alejandra, 13. we her arm and wrist; ad bruises.

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Hey said, "the driver was doing everything perfectly OK, and this maniac comes down the freeway and cuts in and out of traffic and cuts her off and spins out in front of her and she tried to avoid him and rolled over." Because other parents were in the vehicle, Rascon was responsible for her own children but not he boy who died. In the face of the physical injuries, Hey decided not to pursue the minor legal violations related to seat belt use. "I have to look at three mothers who have been to the board-walk who are driving back home," Hey said of the group coming from

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EBMUD fined over asbestos in reservoirs' roofs Reservoir cleanup

By Tom Lochner

SY IOM LOCKNEY
STAFF WAITER

For the second time this year, state regulators have fined the East Bay Municipal Utility District for asbestos-related safety violations at its drinking-water reservoirs.
Inspections performed between May and July at the district's Danville and Sobrante reservoirs by the state Division of Occupational Safety and Health's Concord office found parts of the corrugated asbestos roofs to be crumbling.

Cal-OSHA cited the district for failing to clean up in a safe

Cal-OSHA cited the district for failing to clean up in a safe and timely manner asbestos-laden debris on the roof and around the perimeter of the Danville reservoir and for failing to prevent the deteriorating roof at Sobrante from releasing asbestos into the environment.

The \$5,700 in fines is on top of \$3,350 in penalties the state hit the district with in May for similar violations at two other reservoirs. Asbestos, present in numerous building products, especially those pre-dating the early 1980s, is a carcinogen. With age, the products can become brittle, allowing asbestos fibers to disperse into the environment. When inhaled, fibers lodge in the lungs, where they can cause cancer and other lung diseases years later. Cal-OSHA also cited the district for failing to put up signs at the covered drinking water storage reservoirs warning of the presence of asbestos-containing materials, failing to institute proper training programs, and failing to evaluate roof deterioration, conduct periodic inspections and correct unhealthy conditions and work procedures. Fines for eight citations — five at Danville, three at Sobrante — total \$5,700.

EBMUD spokesman Charles Hardy said the district will concede two violations for a lack of signs — a condition he said has already been corrected — and the fine of \$600 for each. But the other citations will be appealed. The Cal-OSHA investigation and an earlier one in the spring, were sparked when EBMUD gardeners and their union, Local 444 of the American Federation of State, County and Municipal Employees, complained that the roofs at all eight reservoirs acrumbling, exposing workers — and perhaps the general public in the vicinity — to danger. They also complained that for years, workers unaware of the dangers had used brooms, rakes and blowers to remove leaves, dirt and other debris from the roofs and perimeters.

The Jastrict's eight massive storage reservoirs are each covered with a roof best measured in acres. The Danville reservoir sareach covered with a roof best measur

The roofs of EBMUD's six Contra Costa County drinking-water reservoirs in and two in Alameda County date from the early to mid-1960s and are made of transite, a corrugated asbestos product manufactured by the Johns Manville Corp. of Denver.

District officials say the roofs have a useful life of 60 years and thus need not be replaced for another 20 years or more. Because it has been so long since Johns Manville manufactured transite, company spokeswoman Melody Dunbar said no person or documents could be found to address the roofs' longevity.

In May, Cal-OSHA's Oakland office cited EBMUD for six violations at Oakland's Central and Berkeley's Claremont reservoirs. There the failure to promptly clean up waste and debris contaminated with asbestos was deemed "serious," defined by Cal-OSHA as a condition that "could lead to serious physical harm or death of an employee."

Violations cited this month at Sobrante and Danville are in the lesser category of "general."

The difference is "a matter of degree," said Cal-OSHA announced in May it would inspect all six Contra Costa reservoirs, including those in Moraga, Walnut Creek, Pinole and Richmond, the agency closed its investigation without visiting those.

"We are basically extrapolation gith (Sobrante and Danville investigation) out to the other reservoirs," Fryer said. Remedies mandated at Sobrante and Danville investigation out to the other reservoirs and Danville results because all of the Contra Costa reservoirs and Danville inspected reservoirs, Fryer said.

But regulators chose the Sobrante and Danville results because all of the Contra Costa reservoirs were included under one inspection umber.

"It just gels better within that case," Fryer said.

But regulators chose the Sobrante and Danville results because all of the Contra Costa reservoirs were included under one inspection substitute for actual inspection. "It have serious questions how thorough the investigation was because there are reservoirs hat weren't really investigation was because there are reser

jury, illness or death.

Lepore also teaches a course for the Safety Center Inc. in Sacramento called "When OSHA Knocks." It teaches students, among other things, "what they must do to limit a citation's impact or have it entirely dismissed," according to a course description.

Lepore's dual careers trouble some district workers. "Isn't the role of the Health and Safety Manager to protect the employees from industrial illness and injury and not to 'protect the employer,' "reads a commentary in the June edition of Mainline, the publication of Local 444.

Hardy said such misgivings are unfounded. "What Bruce does outside, he does outside," Hardy said, likening Lepore to a moonlighting plumber. "It doesn't impact what he does for us. The two do not interact.

"When he's working for us, he carries out the district's mandate, which in his case is to do

the best for workplace safety."

Lepore did not return mes sages seeking comment.

EBMUD board member Lesa Entosh defended Lepore.

McIntosh defended Lepore.

"There might be a perceived conflict," McIntosh said, "but that is not the standard that we're dealing with. Bruce doesn't work in a vacuum anyway. He's not the one making all the decisions," McIntosh said. "Everybody seems to be clear: There is no legal conflict. I don't see that there is a real issue."

real issue."

McIntosh disagrees with the state citations. Even so, "we seem to have a problem, and we are going to do everything to rectify it. It's essential that our employees are safe, as well as those who visit us. "We've asked (the) staff to look at all of the issues, including the useful life cycle (of the roofs)," McIntosh said, adding she has no reason to believe the assumption of a 60-year life span is wrong.

For the second time this year, the state has fined the East Bay Municipal Utility District for safety violations related to crumbling asbestos roofs at its drinking-water reservoirs. The district, facing a total of \$9,050 in fines, concedes two signage violations but is appealing a finding that the sloughing roof material poses a risk to staff gardeners.





Roofs pose little risk to public

By Tom Lochner

By Tom Lochner
Regulatory and safety officials
differ on whether crumbling transite, an asbestos roofing material
over eight East Bay Municipal
Utility District reservoirs, constitutes a hazard to the general public living, working or studying
downwind. But most agreed there
is little, if any, danger.
"The bottom line here is that
as this transite disintegrates over
time, a little at a time kind of
flaked away," said Cal-OSHA
spokesman Dean Fryer. "As it was
cleaned up, there really wasn't
enough found there that would
have indicated there was severe
exposure to employees."
Because Cal-OSHA deals only
with workplace safety Fryer could
not address what danger, if any,
the roofs might represent to the
general public.
Bob Trotter, enforcement officer for the federal Environmental Protection Agency in San
Francisco, said: "Asbestos diseases
are normally associated with
long-term, high exposure rates.
"For the release that this appears to be, it would be unlikely
that you would have a high risk
to the general public," Trotter
said.

The Bay Area Air Quality Man-

to the general public," Trotter said.

The Bay Area Air Quality Management District doesn't regulate this type of asbestos issue. "We pretty much deal with demolition and renovation issues," said spokesman Ralph Borrmann.

Scott Hanson, Contra Costa County hazardous materials specialist, said if a transite roof becomes friable as a result of weathering, "it may constitute a hazard for the public."

The roof of EBMUD's North Reservoir, adjacent to Highland Elementary School in Richmond, has no impact on the campus, school officials said. "I feel constitute and the said of the

fident, given the history we have with the material (transite), that if there is any kind of asbestos fallout at all, it would remain localized," said Ed VanDerLinden, environmental officer and maintenance manager for the West Contra Costa Unified School District.

trict.

"We are not dealing with the type of material that's going to slough off huge amounts," he said, explaining that transite is more like concrete than the fluffy asbestos used to insulate pipes, which is more of a concern to safety officials. "Even if blown off by a leaf blower, (transite'll) come right down; the wind can't easily grab it.

grab it.

EBMUD officials deny there is a threat to workers, let alone the general public. Air tests designed to simulate working conditions performed by an EBMUD contractor at several reservoirs earlier this year showed no exposure to airborne asbestos in excess of the Cal-OSHA limit of 0.1 asbestos fiber per cubic centimeter of air, said district spokesman Charles Hardy.

"These reservoirs are isolated

"These reservoirs are isolated from the general public," Hardy said, "It would follow that if it doesn't pose an airborne threat to people working there, it wouldn't pose a threat to people hundreds of yards away."

Linda Weiner, spokeswoman for the American Lung Association of the East Bay, said the Cal-OSHA standard is "not a health-based number" but "a risk-based number" at which Cal-OSHA deems the risk of lung cancer to be extremely low.

"The bottom line," Weiner said,
"is that zero exposure is the only
number one can say is totally
healthy."



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Real Estate & Home

Weekly Home Sales Maintain your focus on the East Bay real estate scene [B7]

Open Home Guide See what's on sale in your neighborhood [B14]



agnificent Mediterranean-style villa in Oakland's Piedmont Pines

Historic Craftsman gem in Elmwood





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A look around the real estate community

FOR THE PUBLIC

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The Rental Housing Association of Northern Alameda County offers a membership meeting monthly. Non-members are also invited to attend. The next meeting is at 6:45 p.m., Thursday, Aug. 15. The meeting is held at the Greek Orthodox Church, on Lincoln Avenue, in Oakland. The guest speaker is Marsha Jackson, discussing the negative effects of "Just Cause." For information and registration call the RHANAC office at 510-893-9873.



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See REID, Page B11

Searching for the perfect home It may be right in front of w

found. No bolt of lighting? Wrong house.

I don't want to tell you that you must give up all of your dreams. Miracles do occasionally occur. In fact, we've seen them happen, been there when a buyer walked into a house and was happily struck. Once we even sold a house to a woman who had no idea she was going to buy. Just for the fun of it, she went to one open house. The house "grabbed her" and "made her" buy it.

You do not want to be the buyer who is waiting to be seduced. It's just too iffy. Consider instead an alternative: Keep looking, but try seeing houses differently. We think that if you are not expecting to be swept off your feet, if you can see possibilities that you didn't see before, you can get something good, a house that you will be glad to have and live in.

My own house is an example,

live in.

My own house is an example, a ranch style house of no particular distinction. I didn't like it when I first saw it because it is from, I feel, the wrong era. Uninteresting materials were used in ugly ways

in building it, and this particular house, even brand new, was not the best of the lot. My house has mismatched door handles, dated Formica, many carpeted rooms without finished floors under them and, typical of its type, skimpy door and window casings.

Why did I buy it? Good reason number one: I could afford it.

If you are not expecting tob off your feet, see possibility you didn't see

Elmwood

FROM PAGE B1

Elmwood one of the most desirable Berkeley neighborhoods to

VITAL STATISTICS

What: Historic Edward Blake Seely-designed two-story home and cottage on 2615 Etna St. In the historic Elmwood district of Berkeley. Size: Approximately 2,659 square feet on a 6,750 square-foot lot Bedrooms: Three plus a large sun room Bathroom: One and one-half Features: Quiet tree-lined street; three fireplaces, original wood paneling; park-like garden, separate large one-bedroom cottage that can used as a rental or in-law unit Price: \$749,000. Listing agent: Colette Ford, Fine Homes Specialist, Prudential California Realty, Berkeley, 510-848-1093, or see the home online at www.pruweb.com/coletteford

into the back yard, where a brick terrace creates an ideal setting for entertaining guests on summer evenings.

Upstairs, three spacious and bright bedrooms have many original built-ins, antique fixtures, moldings and ample storage space. The master bedroom with its slanted ceilings has its own fireplace and is reminiscent of another century.

Both of the other bedrooms open into a large sun room that one could use as a library, office, or playroom. An unfinished attic provides ample storage space

Villa

FROM PAGE B1

features a custom designed wrought-iron railing resembling ribbons of grapevines.

On the main floor, the dining room, living room, and kitchenfamily room are perfect for entertaining large or small gatherings. State-of-the-art appliances, striking interior and exterior lighting, solid stone countertops, in-laid granite, a glassed-in wine room, surround sound wiring, barrel and vaulted ceilings, tiled patio, "fish-head" fountain, and a home the-home's fabulous details.

The home is offered at \$1,495,000. For more information, contact Anne Feste at The Grubb Company, 510-339-0400, ext 371.

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HILLS NEWSPAPER

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dential California ranks eighth in nation



See SENZIG. Page B6

Honoring Lloyd W. Kendall



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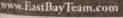
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reatures include sunken li room with vaulter cut Fireplace, Hardwood fle Formal Dining Room, Laun room, Garage with interior acc Large yard.

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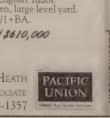


A value listed at \$275,000











LISA AND STEVE SCHLIFF (front), owners of On The Beam Remodeling, celebrate having been named one of the "Big50" best remodeling companies in America by Remodeling Magazine. The 16-year-old company provides a full range of services from large additions and kitchen and bath remodels to window installations and exquisite ceramic tile work. Behind the Schliffs (from left) are staff members: John Seravic, subcontractor; Kevin Kechely, apprentice carpenter; Thien Vuong, journeyman carpenter; Hoa Nguyen, project manager; Allen Romano, project manager; and Pam Boyle, independent contractor

Oakland contractor recognized as one of the best for fine design work

Remodeling named to Remodeling Magazine's Big50

ON THE BEAM REMODELING
The editors of Remodeling
Magazine have selected On The
Beam Remodeling as one of the
"Big50" best remodeling companies in America.
Steve and Lisa Schliff — husband-wife owners of the Oaklandbased firm — received the award
in May at the publication's Remodeling Leadership Conference
in Washington D.C. The magazine
recognized On the Beam Remodeling for its fine design and innovative practices. The 16-year-old
company provides a full range of
services from large additions and

owner."

On The Beam Remodeling's seven-member staff includes Steve Schilff, general contractor; Lisa Schliff, marketing and office manager; Broheen Elias, administrative assistant; Allen Romano, project manager; Thea Nguyen, project manager; Thien Vuong, journeyman carpenter; and Kevir

Some easements can make a deal uneasy

■ Before you buy, make sure you search the title for these agreements

these agreements

Several years ago, a homeowner sold the home he'd lived in
for over 25 years. After reviewing
the title search of the property, he
informed his real estate agent that
the title company had missed a
sewer easement.

According to the seller, the
sewer easement granted the right
for the sewer line from his house to
cross the neighbor's property to
hook up to the city sewer.

A more thorough search of the
title record revealed that a sewer
easement in favor of the seller did
not exist. Apparently, the property
in question had been part of a
larger property. When the house
was built in the 1920s, a sewer

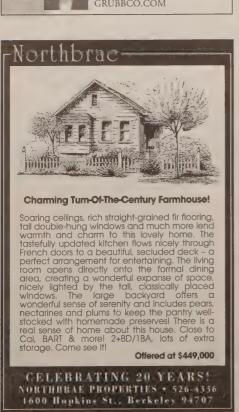
Senzig

how the major retailers are doing based on same stores' sales by month versus last year's sales. It also gives an indication as to how much and where consumers are spending their money. It is a good indicator as to how well the economy is doing.

Weekly and Monthly Jobless Claims. This is the big one. When the unemployment figures are down, more people are working and making money to fuel the economy. For some reason the Fed thinks this fuels fears of inflation and as I mentioned before, inflation is bad for the bond market. Current business scandals and huge layoffs in the tech industry have sent unemployment

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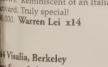
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es3 bedrooms, 1 bath, formal dining
dwing room with fireplace, large eat-in
at access includes a big family room, full
watta kitchen and a two-cent range. extra kitchen and a two-car garage.

Wildcat Canyon Rd., Berkeley

Jun., 2-4
le road above Wildcat Canyon south of Lane) Fabulous country setting, led and private. Great indoor-outdoor, ent for entertaining. Architect-designed with artistic living room, dining room, 4 oms, 3 baths, family room, dark room, le room, wonderful garden, hot tub, all.



45,000. Maya Trilling x18

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Hymer

FROM PAGE 84

ission for the line to cross the roperty.

Easements secured against a roperty grant use of a portion of the property to someone else. Components are for utilities, gress and egress and sewers. If Duries were line passes over your eighbor's property and there isn't recorded easement in your favor, but may have difficulty repairing the line. Even worse, you could be required to abandon the line.

Establishing the exact location of an easement is important, par-

could interfere with your building plans.
The title search report may give you sketchy information on easements recorded against the property. If so, ask the title expert to provide you with a complete copy of the recorded easement. If you don't understand what it says, ask a title expert or a knowledgeable real estate attorney for an explanation.
One couple bought a home without paying much attention to the title search. After they had lived

Q &A: Toilets that rock might just

BY THE CAREY BROTHERS

fitted the toilet it could be leveled with shims on three sides (gap ranges from one-quarter inch to three-eights inch). Is this OK or should I strive for more contact between the floor and the toilet?

A. No especially if the floor is not flat and the toilet rocks. This condition can allow the toilet to leak or, under certain conditions, can cause the toilet to crack.

Shims are one way of dealing with the problem. But don't use wood ones. Wood and water don't mix. A bathroom can be a rather

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This Normandy home showcases handhewn beams & doors, one-of-a-kind fireplace, hand-wrought ironwork, 4BR/3BA, beautiful kitchen & garden. Judith Cain

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See SALES, Page B8

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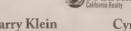
912/916 MacDonald, Richmond, Active 476 Crescent St, Oakland, Pending

This English Storybook Classic is in the heart of Rockridge. Formal dining and vaulted ceiling in living room are featured. 3 bedrooms and 3 baths. Many architectural details. Offered at \$779,000

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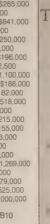
Sales

ROM PAGE B7
2347 83rd Av - \$230,000
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4363 Aibert St - \$350,000
4363 Aibert St - \$456,000
1677 Arrowhead - \$548,000
8457 Aster Av - \$449,000
3229 Boston Rd - \$1,049,000
3229 Boston Av - \$263,000
6 Buckley Ct - \$553,000
280 Calidecott #320 - \$269,000
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645 Chetwood #101 - \$305,000
3445 Coolidge Av - \$337,000
2206 Courtland Av - \$255,000
2362 Courtland Av - \$255,000
2532 Delmer St - \$450,000
5528 Edgerly St - \$270,000
4760 El Centro Av - \$810,000
7112 Fresno St - \$218,000

3779 Fruitvale Av - \$400,000
4025 Fruitvale Av - \$490,000
8338 Golf Links Rd - \$284,000
606 Gravatt Dr - \$980,000
3961 Greenwood - \$585,000
4429 Harbor View - \$427,000
6170 Harbord Dr - \$825,000
6645 Heather Ridge - \$575,000
907 Hillicroft Cr - \$950,000
385 Jayne Av #209 - \$185,000
125 Kerwin Av - \$199,000
385 Laguna Av - \$325,000
1555 Lakeside #142 - \$250,000
3826 Lincoln Av - \$380,000
9291 Longfellow Av - \$260,000
4045 Lyman Rd - \$627,000
1727 MacArthur Bl - \$315,000
3829 Madrone Av - \$372,000
1857 Magellan Dr - \$510,000
6125 Mauritania Av - \$341,000
6125 Matriania Av - \$329,000
2745 Maxwell Av - \$380,000
5659 Merriewood Dr - \$529,000
2612 Montana St - \$384,000
10 Moss Av #10 - \$150,000

8715 Mountain #30 - \$265,000
3712 Nevil St - \$322,000
5681 Oak Grove Av - \$841,000
7821 Olive St - \$224,000
377 Palm Av #205 - \$250,000
10646 Pearmain St - \$196,000
2233 Pelham Pl - \$492,500
10646 Pearmain St - \$196,000
2233 Pelham Pl - \$492,500
901 Pinewood Rd - \$1,100,000
2005 Pl, Valley #211 - \$186,000
4921 Proctor Av - \$1,182,000
4652 Redwood Rd - \$518,000
7112 Sayre Dr - \$665,000
1156 Seminary Av - \$215,000
5817 Seminary Ct - \$155,000
5895 Shafter Av - \$673,000
1080 Siler Pl - \$751,000
3025 Storer Av - \$360,000
6399 Swainland Rd - \$1,269,000
3015 Texas St - \$435,000
6991 Thornhill Dr - \$479,000
71 Turtle Creek St - \$525,000
800 Walavista Av - \$1,000,000

See SALES, Page B10



15



California Realty

★Indicates Homes Being Held Open

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OAKLAND/PIEDMONT

iedmont Estate \$3,500,000 nchanting estate over 13,000 sq. ft. //5BR/5++BA, aupair and extensive ardens & terraces

Oakland Hills \$3,450,000
Amazing home w/every luxury & full views of SF Bay. Only 1.5 yrs. 6+BR. Almost 7000 sq. ft. (925) 837-4281

* Open Sun. 2-4:30 \$1,149,000 5 White Court. New 5BR/3.5BA const. w/meticulous attention to detail in serene, private setting.

setting. Heidi Marchesotti (510) 339-9290

Urban Retreat \$950,000One acre with gated entrance.
Contemporary home all on one level with panoramic views & decks.
Glass-Sabine
(\$10) 428-0900
(\$10) 326-5055

* Open Sun. 2-4:30 \$649,000 6638 Saroni. Handsome Montclair 4BR/3BA Traditional w/hdwd. floors, marble frpl., and decks.

(510) 339-9290

* Open Sun. 2-4:30 \$639,000 5760 Chelton. Light-filled Contemporary 4BN/2BA. Golden Gate view home. w/private vard

(510) 339-9290

* Open Sunday \$595,000 5314 Thomas. Rockridge charm! 3BR, private yard, hardwood floor, garage. Walk to College Ave/BART. Great!

(510) 428-0900

* Open Sun. 2-4:30 \$589,000-1357 Bates. Charming remodeled 3BR/2BA Mediterranean beauty w/gourmet kit., hdwd. floors and deck. Hope Broderick (\$10) 339-9290

Crocker Highlands \$549,000
Sophisticated Traditional 3BR/1BA.
FDR, gumwood buffet & mantel, stunning custom kitchen, lovely garden
Dolores Thom Dolores Thom (510) 834-2010

★ Open Sun. 2-4:30 \$465,000 8073 Hansom Dr. Fabulous 4BR/2BA all-level Eichler w/central atrium. Vicki Landes

(510) 339-9290

* Open Sun. 2-5 \$425,000 3858 Fruitvale. Picture Perfect Tudor. Beautiful 2+BR/I+BA, patio dining, updated kit., frpl., hdwd. firs. Move-in

Kathleen Crandall (510) 433-9781

* Open Sun. 2-4:30 \$399,000
200 Lakeside Dr. #302. Rare
Opportunity! Superb IBR of grand & elegant proportions in prestigious & coveted bldg. Near BART, Fwy. & bus dist.

Mark Miller (510) 551-5839

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2 Homes in Low Laurel \$394,000
Darling Craftsman homes on Irg. lot
Extensively upgraded. New kitchen,
new paint in & out.
Lisa Friedman
(510) 845-0211

A Fabulous Co-Op \$360,000 Lake Merritt elegance in move-in condition in prestigious bldg. 1608 sq. ft., storage, 24hr. sec., parking, cable,

Caroline Slotemaker de Bruine (510) 287-8856

(510) 428-0900

Oakland Allendale Park \$299,000 Affordable home. 2BR/1BA, new carpet/paint. 6250 sq. ft. lot for expansion.

Lillian Liao (510) 337-8670

* Open Sunday \$240,000 3325 Loma Vista Way, Great starter home. Cal. Bungalow. IBR/IBA with bonus loft. Private yard. Steve Ryman (510) 845-0211

City & Hill Views \$239,000 Security building. Walk to Lake Merritt. City & hill views. IBR/IBA. Parquet floors.

Fatima Ali (510) 845-0211

One Of A Kind! \$195,000
Great starter home near BART & freeway. Sleeping loft... Angie Burgess (510) 834-2010

BERKELEY/ALBANY



* Open Sun. 2-5 \$749,000
2615 Etna. Original details.
3+BR/1.5BA, study, sunroom, 3
fireplaces & large IBR cottage. Best
neighborhood. Spacious garden.
Colette Ford
(\$10) 845-0211

Two Houses on One Lot \$635,000
Both 2+BR. Some hdwd. floors.
Owner's house wiremodeled kitchen & dual pane windows. Large 8800 sq. ft. - Jot. Near 4h St. shops.
Charles Turvey (\$10) 433-9803 (\$10) 849-3711

* Open Sun. 2-4:30 \$499,000 1361 Santa Fe. Cheery Craftsman. 2+BR/2BA. Nice yard, redone kit. Great location near shops & BART. Rita Harrington & Ted Normart (510) 845-0211

Fruit, Roses & Duplex \$450,000 Spacious IBR/IBA units. Hdwd. floors, fireplaces in charming N. Berkeley. One block from BART. Laura Margulius (510) 845-0200

Victorian \$449,000 Just listed. 2+BR/2BA, remodeled kitchen, large sunny yard, full basement. Move right in! Terrence Jue (510) 526-5143

Berkeley Campus \$400,000 2BR/I.5BA Townhouse. Fireplace, deck, parking for one. Walk to campus from this beauty. Camille Rogers/Derek Lyons (510) 845-0200

Cute 2+BR/IBA \$389,000 2111 Woolsey, Bungalow w/detached studio in urban environment. Needs TLC.

Hope Broderick (510) 339-9290

* Open Sun. 2-4:30 \$389,000 1318 4th St. Live/work 3BR/1BA. Over 1600 sq. ft. Gorgeous & updated! Great light. Patio! Janet Kaplan (510) 845-0200

CONTRA COSTA COUNTY

★ Open Sun. 2-4 \$665,000 207 Arlington, Kensington. Home & cottage. Panoramic view, 3BR, 2BA, family room (or in-law). Close to all

Chris Kafitz (510) 526-5143

Custom Home With Views \$499,000 4BR/4BA, over 2100 sq. ft. Built in 1999. Great views of SF, bridges,

Mike Rowland (510) 527-9800

1920's Cutie \$295,000 This 2BR "English Cottage" sits on a very large lot. Needs a little work but very sweet.

Louisa Reesor (510) 527-9800

RESIDENTIAL INCOME

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Tara Banks
(510) 834-2010

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Claremont Heights Lot

\$750,000 \$750,000
Great building site located among many architecturally distinctive homes. Views of Bay & city lights
Henriette Lanier-Green (510) 834-2010

ALBANY 510-524-2526 BERKELEY 510-845-0200 GRAND LAKE 510-834-2010 KENSINGTON 510-526-5143

BERKELEY NORTH 510-849-3711 MONTCLAIR 510-339-7290

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Ron Kriss, Realtor®/Partner 547-5970 Ext 55 ronkriss@jps.net

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Looking for a new home? Don't miss this week's Open Home Guide on page B14.

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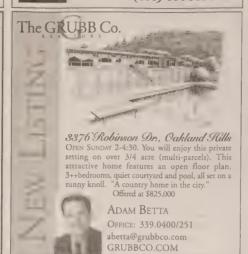




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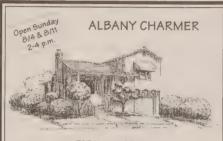
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Coming Soon



Sales

OM PAGE B8

17 Wood St - \$292,000 3243 Wyman St - \$445,000 811 York St #117 - \$376,000

PIEDMONT

20 Echo Ln - \$660,000

RICHMOND

141 16th St - \$155,000 21 2nd St - \$262,000 818 34th St - \$287,000 534 5th St - \$207,000

125 7th St - \$254,000
4313 Bell Wy - \$229,000
3955 Center Av - \$220,000
2806 Chanslor Av - \$260,000
3006 Colette Dr - \$268,000
3006 Colette Dr - \$268,000
3015 Howard St - \$280,000
1700 Larkspur Pl - \$365,000
170 Malcolm Dr - \$310,000
3762 N. Stoneglen - \$205,000
1618 Pennsylvania Av - \$240,000
4303 Roosevelt Av - \$310,000
4125 Rosewood Av - \$240,000
2140 Sand Dollar Dr - \$325,000
3921 Selmi - \$407,500
2657 Sheldon Dr - \$285,500

1527 South 26th St - \$280,000 449 South 26th St - \$295,000 3000 Wiswall Dr - \$330,000

SAN LEANDRO

14882 Acacia St - \$377.000 302 Accolade Dr - \$395,000 304 Accolade Dr - \$418,000 302 Alvarado St - \$504,500 422 Alvarado St - \$505,000 15560 Baypoint Av - \$545,000 1555 Beechwood Av - \$376,500 693 Billings BI - \$308,000 1647 Cedar Av - \$345,000 15372 Churchill St - \$410,000 400 Davis St #312 - \$265,000 47 Dutton Av - \$365,500

or St - \$358,000

SAN LORENZO

1569 Via Escondido - \$345,000 73 Via Linares - \$251,500 1417 Via Manzanas - \$345,000 1491 Via Vista - \$390,000 By the numbers

AWAY TO JUNE

TOTAL SALES

See SALES, Page

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3924 PATTERSON LISTED AT \$429,000, SOLD FOR **\$463,000** 464-468 NEWTON LISTED AT \$549,000 SOLD FOR \$628,900! 833 - 47TH STREET SOLD FOR **\$325,000**

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\$275,000

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EMERYVILLE

KENSINGTON

TOTAL SALES:2 LOWEST PRICI: \$627,000 HIGHEST PRICE: \$760,000 AVERAGE PRICE: \$693,500

DAKLAND

PIEDMONT

TOTAL SALES: I PRICE: \$660,00

RICHMOND

No.

8 Park Way

Originally offered at \$949,000

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FIRST | 1994 | 19

TOTAL SALES: 25

SAN LEANDRO

TOTAL SALES: 25 LOWEST PRICE: \$260,000 HIGHEST PRICE: \$550,000 MEDIAN PRICE: \$358,000 AVERAGE PRICE: \$372,520

SAN LORENZO

Recently Sold in Liedmont

THE PARTY OF THE P

C. In Contract

100 Manor Drive

Originally offered at \$989,000

Visit GRUBBCO.COM for Photo Tours and of current listings.

TOTAL SALES: 6 LOWEST PRICE: \$251,500 HIGHEST PRICE: \$390,000 AVERAGE PRICE: \$332,917



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WHO'S ON FIRST

And that makes three. In addition to their Central Avenue and Webster Avenue locations, Gallagher & Lindsey, in Alameda has a new office. The location is in Har-

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Piedmont Estate 62 Inverleith Ter.

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These two lovely Piedmont homs each sold with more than 10 offers at selling prices that exceeded the asling price by more than 20%. Please call for additional information or for your complimentary assessment of the current value of your home.

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5933 Chabolyn Terrace (Rockridge) 5235 Chabolyn Terrace (Rockridge) 5235 Lawton (Rockridge) 9 Beechwood (Rockridge) 21 Plaza (Claremont) 181 Brookside (Claremont)-Pending

5561 Bacon (Skyline)

5965 Estates Drive (Montclair) 1021 Leo Way (Montclair) 2910 Derby (Claremont)

HERE ARE THE FACTS:

• All of these homes sold with multiple offers (Prices available upon request)

• Substantially over the asking price

• 30 day close of escrow

• Sellers received much more money than expected

• All homes were staged by Glass/Sabine

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| COMPANY | Rate/Points APR/Lock | Loan Product Rate/Points APR/Lock | Loan Product Rate/Points APR/Lock | Loan Pro-uct Rate/Ponts APR/Lαk | Rates as of 7/30/02 COMMENTS |
|--|--|--|--|---|---|
| A Superior Mortgage 800-591-4446 DRE#1242793 Fees = \$3629 | 30-yr Fixed 6.250 0.000 6.430 30 | 30-yr Fxd Jumbo 6.375 0.000 6.560 30 | 15-yr Fixed - 5.625 0.000 5.810 30 | 5/1 ARM Junbo 4.875 0)00 5.100 30 | Open Weekends. Credit Problems OK "Apply online" www.superior-mtg.net |
| AAA Mortgage 888-821-6200 | 30-yr Fixed 6.000 . 1.750 6.260 30 | 30-yr Fxd Jumbo 6.000 1.750 6.210 21 | 15-yr Fixed 5 250 | 15-yr Fxd Jmbo 5.500 1'50 5.640 21 | 0 point loans available - no cost Open weekends 888-821-6200 |
| DRE#01096148 Fees = \$1599 AccessBanc Mortgage 800-661-2765 DRE#00892684 Fees = \$1330 | 30-yr Fixed 6.375 0.000 6.437 30 | 30-yr Fxd Jumbo 6.500 0.000 6.531 30 | Jumbo Special* | Jumbo Spelal* | *3yr/6mo ARM 4 75%,4.486 APR 30 day loc *5yr/6mo ARM 5 25%, 4.380 APR 30 day loc 0/0 Fee; Prepay & other restrictions may app |
| AimLoan.com, A Direct Lender 888-411-4246 DRE#01235124 Fees = \$2505 | 30-yr Fixed 6.500 0.000 6.630 30 | 30-yr Fxd Jumbo 6.625 0.125 6 689 30 | 15-yr Fixed 5.750 0.250 6.000 30 | 7/1 ARM Junbo 5.500 0 25 5.351 30 | Apply online 24/7 Lock 7 days a week |
| A-Olympic Funding Best Rate 800-640-5588 DRE#01197415 Fees = \$1820 | 30-yr Fixed 6.000 2.000 6.120 30 | 30-yr Fxd Jumbo 6.125 2.000 6.230 30 | 15-yr Fixed 5.375 2.000 5.480 30 | 15-yr Fxd Jmbo 5.625 2)00 5.710 30 | Best Rate Promise¹ S.J., E.Bay & Peninsula Offices Open 7 days 9-9 24-7 www.ofreloans.com |
| Bay Area Olympic Funding 888-833-1000 DRE#01197415 Fees = \$1685 | 30yr Fxd J/C 6.625 0.000 6.688 30 | 3/1 ARM Jumbo** 2.2000.000 2.232 30 | 5/1 ARM Jumbo** 3.950 0.000 3.985 30 | 25yr/6mo Jm ARM 4.000 . 0000 4.035 30 | SUPER JUMBO SPECIALIST - All ARMs Im 5/1 SUPER Jumbo ARM 5 0%/5 014 APR No Income Verification. ("Pot neg. amor |
| California Mortgage Mart 800-947-4769 DRE#00406187 Fees = \$1673 | 30-yr Fixed 6.3750.000 6.450 30 | 30-yr Fxd Jumbo 6.500 0.000 6.530 30 | 15-yr Fixed 5.7500.000 5.870 30 | 15-yr Fxd Jmbo 6.000 | Further information at www CaliforniaMortgageMart.com |
| Cal-State Funding 800-883-5363 DRE#00874441 Fees = \$2010 | 30-yr Fixed 6.2501.000 6.440 30 | 30-yr Fxd Jumbo 6.375 1.000 6.570 30 | 5/1 ARM Jumbo 5.3751.000 5.570 30 | 3/1 ARM Jmbo 4.750 '000 4.94030 | CALL US FOR YOUR NEXT LOAN WE DO IT ALL RIGHT |
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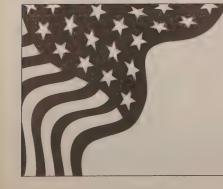


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Pitching can put growing elbows at risk



Little

Breaking pitches wear down young arms unless proper steps are taken



Injury answer rests with empty parks

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Callen is academically ineligible, will transfer to



Albany wrestler shin

Elbow

FROM PAGE 1

his playing catcher — another position that allows no rest for the arm — whenever he wasn't pitching is what did him in.

"I was actually trying to learn a curve," Coney-Tyler said. "But I was taught to turn my wrist over — more of a slider. All that twisting was hard on my elbow. And I was throwing every game. I think my arm just got tired." Father, son and doctor are not alone in their shared belief that fatigue and throwing a breaking pitch were the sources of Matt's arm pain, and a large part of his pitching only four games over the following two years.

According to a study by the American Sports Medicine Institute, 47 percent of youth pitchers suffer elbow, upper arm or shoulder pain. The data suggest that these young athletes either are throwing too many pitches, or they are throwing too many pitches, or they are throwing too many pitches, or they are throwing too many pitches that they shouldn't be throwing at their particular stage of physical development — namely curves or sliders.

"These pitchers are at the formative stages of their careers, both from a physical and athletic standpoint," Oakland A's team orthopedist Dr. Jerrald Goldman said. "Parents and coaches need to be aware of how many innings pitchers are throwing, how many overall pitches are being thrown, and what pitches they are throwing."

overain pitches are being thrown, and what pitches they are throwing."

According to Goldman, throwing too much too soon can lead to injuries in the shoulder, upper arm and most often the elbow—particularly if the player is in the midst of a growth spurt. Pread-olescent growth plates and layers of cartilage inside the bone that generate new bone matter are especially susceptible.

And, with the youth baseball postseason in full swing, this is the time of year when young pitchers are most likely to begin feeling the effects of a full season of work. Those pitchers, possibly looking for an extra edge against some tougher competition, could be tempted to try something new—and potentially dangerous.

The fatigue factor increases with each pitch as the summer wears on, further increasing the likelihood of a breakdown in mechanics and a subsequent injury, Goldman said.

Lucky breaks

Lucky breaks

Lucky breaks

It may be hard to believe, but
Coney-Tyler was one of the fortunate ones. His injury, though
painful, was relatively minor, and
his father was savvy enough to
realize that pushing him any further at age 12 could have longterm ramifications.

San Ramon's Erik Johnson, a
former utility infielder for the
San Francisco Giants, had a similar experience. Johnson pitched
on the 1978 San Ramon team
that went to the Little League
World Series in Williamsport, Pa.
Johnson, then 12, threw so many
pitches — many of them sliders.
— in the Series that it put his career as a pitcher on hold for almost three years.

"I threw 144 pitches in 5½ innings, a lot of them hard sliders,"
Johnson said. "I was throwing
(the slider) incorrectly, and I didn't pitch again until I was 15. I shouldn't have been throwing the
breaking ball. Kids aren't strong
enough to throw that pitch. You
need professional instruction to
throw that pitch."

But Johnson, too, was lucky.

"The best thing that ever happened was that we let my arm
rest," Johnson said. "Something
wasn't right, and we shut it
down. I have no arm troubles
now. It healed, but it took
awhile."

Now the director of baseball
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Pagnon. I beheen teackets.

now. It healed, but it took awhile."

Now the director of baseball instruction for EJ Sports in San Ramon, Johnson teaches the fundamentals of pitching to Little League-age pitchers.

Partly because of his personal experience, one of the primary tenets of EJ Sports' instruction is safety.

"The best pitch in baseball is a fastball spotted on the plate," Johnson said. "I think it's totally unnecessary for kids to throw breaking balls. I don't support it at all. I don't want any of my kids throwing breaking balls."

Sure it hurts, but why?

Sure it hurts, but why?

Briefs

FROM PAGE I

Others have not been as lucky

The 89th annual City of Alameda
Tannis Championships will be held at the
Fairfield Tennis Complex at lower Washington Park, 8th St. and Central Ave.,
Sept. 6-8.

The tournament is open to anyone; participants no longer need to reside or work in Alameda. The divisions
are 3.5, 4.0, 4.5 and 5.0 in singles,
doubles and mixed doubles.

FRIDAY, AUGUST 2, 2002

as Coney-Tyler and Johnson.
"There is a condition actually called 'Little League Elbow,'"
Goldman said. "Bur Little League is getting a bit of a raw deal, because it has done a lot to prevent this sort of injury."
Goldman added that Little League has been an active participant in studies regarding arm injuries and how to prevent them.
Little League has established

them.

Little League has established guidelines in an effort to protect young pitchers. According to Bill Schaeffer, the assistant administrator for District 4, which encompasses most leagues in Contra Costa and Alameda counties, no one ages 8 to 10 can pitch more than three innings in a game, and no more than six innings per week. For 11- to 12-year-olds, no pitcher may throw more than six innings per week. In tournament play at all levels, no pitcher may throw more than six innings per week. In tournament play at all levels, no pitcher may throw in consecutive games if he throws more than one inning the previous game.

"We haven't really looked at pitch counts because that's hard to keep track of," Schaeffer said. "A lot of managers keep track of pitch counts just (to protect the pitcher). We don't recommend throwing curveballs until a player is 14, but some parents and coaches want to win so bad that they teach their kids to throw curveballs.

"We don't have anything that limits the types of pitches that can be thrown. Kids can throw curveballs, two-seam fastballs, four-seam fastballs, sliders, change-ups."

One of the problems, Schaeffer said, is that some parents don't understand the dynamics of a growing body and the wear and tear pitching provides.

"I've heard of instances where a child doesn't do well in the game, then dad takes him home to throw 50 pitches in the back yard to tune him up," Schaeffer said, "Sometimes it's not what the child does when they're involved in a Little League game or practice but what happens when they go home.

"Sometimes a kid ends up with an arm injury, not necessarily from throwing curveballs but from throwing too many pitches."

There's a significant difference between a 12-year-old elbow and, say, an 18- or even a 9-or 10-year-old elbow. According to Goldman, a large part of the problem that 11- and 12-year-old elbow and, say, an 18- or even a 9-or 10-year-old elbow. According to Goldman, a large part of the problem that 11- and 12-year-old elbow and, say, an 18- or eve

olds."

Because of the twisting motion in the successful delivery of a slider or a curve, there is an extraordinary amount of strain placed on the medial side of the elbow (the inside part of the elbow, palm up) when a pitcher follows through, Goldman said. That's right where the bone is weakest during such a growth spurt.

weakest during such a grown spurt.

This strain causes the muscle and tendon to pull severely at the junction with the bone, and often leads to injury. In severe cases, the muscle is so much stronger than the growing bone that it can pull off pieces of the bone.

that it can pull off pieces of the bone.

"The problem is the way the pitch finishes," Goldman said.
"There is a great deal of stress put on the side of the joint, and the joint is not built to handle the stress."

A second opinion

A second opinion

Dr. Alvin Loosli, a physician at the Center for Sports Medicine in Walnut Creek, sees plenty of pitchers with sore arms. He attributes many of their problems to a fundamental lack of preparation.

"It's not about pitch count or curveballs, necessarily," he said. "It's about conditioning — getting the arm ready to do the work.

"If the season starts in March, kids should start throwing around Thanksgiving, maybe two times a week. By Christmas, they should be getting in 100 throws three times a week."

Entries must be received no later than Aug. 9. Some events may close earlier if a draw limit is reached prior to the deadline.

The cost is \$20 per person, \$30 per team. For more information, call the Alameda Recreation and Park Department office at 510-748-4565.

Forms may be picked up at the ARPD offices at 1327 Oak Street.

The 21st annual 10-kilometer Imeda Run for the Park will be held nday. The run, as well as a two-e walk, will begin in front of Mc-

Running

Loosli stresses the importance of preseason strengthening and preparation, in-season strength training with light weights (3 to 5 pounds) and rest periods between throwing sessions.

"If the only focus is on curveballs or pitch counts, you're missing the whole thing about preseason conditioning," he said. "My criteria for throwing a curve are if a player is strong and has done a couple of months of throwing. Then, maybe you can start throwing 10 curves a week."

Loosli also is highly concerned by the tendency of some athletes to try to preempt pain by using pain relievers before pitching.

"Racehorses were the first athletes to be drug tested, because it was common to give them pain medication before they ran," Loosli said. "What happens to a racehorse with a sore foot if you keep sending it around the track? You end up sending him to the glue factory.

"It's very common for some well-meaning adult to give a kid Advil before he pitches, and that does more harm than good. We need to treat these young baseball and softball players like racehorses. Pills only after — never before — practice or play. That's the way you get worse — period." Prevention is medicine.

Prevention is medicine

Another study of youth pitching injuries published in Medicine & Science in Sports & Exercise followed 300 pitchers ages 9 to 12 for two consecutive years and recorded their complaints of

9 to 12 for two consecutive years and recorded their complaints of arm pain.

Players who threw 75 or more pitches per game were 50 percent more likely to suffer elbow pain than those throwing fewer than 25 pitches. Every increment of 10 pitches per game increased the likelihood of elbow pain by 6 percent. Shoulder pain occurred in one-third of the games played. Elbow pain occurred in one-quarter of the games.

Goldman said that shoulder pain also is indicative of too much strain being placed on a growing bone.

"A lot of time is actually being spent on this," Goldman said. "But it's really a common-sense thing. If a kid is tired, don't have him pitch. If it hurts when you throw, don't throw.

"Mostly, it's about not doing the stupid thing."

Some keys to avoiding injury, according to Goldman, Loosli and the USA Baseball Medical and Safety Advisory Committee, are:

- are:

 Encouraging strength training in pitchers of all ages before and during the season, as well as regularly throwing away from the mound.

 Implementing a mandatory rest period after each outing that corresponds to the number of pitches thrown. Based on feedback from the individual, these rest periods should be lengthened if fatigue or pain becomes an issue.
- an issue.

 Teaching proper technique for each pitch.

 Allowing young pitchers to begin throwing fastballs at age 8, changeups at 10 and curveballs or sliders at 14, but not sooner.

On the mend

"The first thing is, once a pitcher is hurt, they can't touch a baseball again until they don't hurt," Goldman said. "After that, you need to make sure that the pitcher is using the proper mechanics in the throwing motion, and make sure that the muscles are strong enough to handle the load."

While it is not common, Gold-man said surgery can become necessary in the most severe

man sau surgery can become necessary in the most severe cases.

For the most part, strength conditioning, good mechanics, rest, ice, the occasional ibuprofent tablet — after throwing, of course — and good old-fashioned common sense are the antidote for what alls young pitchers.

Just ask Matt Coney-Tyler, who has fully recovered from his injury, and is throwing — yes, even the occasional curveball — with no pain.

"It was definitely a good experience for me," Coney-Tyler said. "I learned what not to do. And I learned some other things. I lift weights now to make my arm stronger, ice, use good mechanics and throw a lot of fastballs."

Donald's on Shoreline Dr. at the South Shore Center at 8:30 a.m.

Awards will be given to the top three finishers in each age bracket: 12-and-under, 13-18 years old, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-and-over. A grand prize of a \$500 travel voucher will be awarded by drawing.

The entry fee is \$22. Fees go to-ward funding the city's parks and recreation programs.

For more information, call 748-65. For an entry form, drop by the PD offices at 1327 Oak St.

FISHING REPORT

PACIFIC OCEAN Salmon fishing has

steady the past week. Over the weekend, Captain Steve Bales of the New Fisherman III reported an average of under a salmon to over a salmon per rod. On Monday scores ranged from a salmon a rod to limits. Tuesday was a very good day for all Bay Area salmon boats as the bait fish moved into the Duxbury Buoy area, middle grounds and Slide Ranch area. It was top to bottom bait, the biggest area of live bait that Bales has seen for some time. This may keep the salmon around for some time. Boats in this area had catches ranging from over a salmon per rod to limits. There were a lot of near limit scores. The New Fisherman III was a couple of salmon short of 20 limits, with some up to 35 pounds. All boats had big salmon Tuesday, with a lot of 20-35 pounders being caught. Bales reported everybody in the fleet had a 15-pound average. As of Wednesday morning, a few boats were going home with limits, but the average was a little better than a fish per person with a 20-pound average. There were quite a few in the 30-pound catch limits but the average was a little better than a fish per person with a 20-pound average. There were quite a few in the 30-pound category as well. They landed a 33-pound salmon Sunday.

With the fish moving closer to the beach, Smith said he is seeing some of the boats morching as well as trolling. The boats that have been rock fishing have been doing very well. Smith also has heard of some tuna starting to show up.

Jim Smith of the Happy Hooker also had a good day fishing Wednesday off the coast of Pacifica. He caught 31 limits of striped bass, four halibut, 14 ling cod and 70 rock fish

fica. He caught 31 limits of striped bass, four halibut, 14 ling cod and 70 rock fish.

THE BAYS

SAN FRANCISCO: Striped bass and halibut are still the order of the day here. Fishing was solid over the weekend for James Smith of Bay Watch. On Saturday, Smith took his boat to the Berkeley Flats and the deep water off Alcatraz and Angel Island. They wound up with 37 bass, 12 halibut, one ling cod and a leopard shark. Fishing at the same areas on Sunday, Smith caught 19 halibut, 35 bass and one ling cod. They used live anchovies both days. Last week it was the opposite for Smith, who maxed out on halibut but had a hard time catching bass. Smith attributes that to the larger tides in the bay this week.

SUISUN: Wind has been the angler's worst enemy as of late (and the sturgeon's best friend) as people have been kept off the water by the gusty breezes. Despite the elements, the staff at Martinez Bait and Tackle reported Frank Arnold of Richmond caught a 95-pound, 72-inch sturgeon at Montezuma
Slough using grass shrimp. Tom DeMunk of Rough and Ready also

Richmond caught a 95-pound, 72inch sturgeon at Montezuma
Slough using grass shrimp. Tom
DeMunk of Rough and Ready also
used grass shrimp to net a 51.9pound, 64-inch sturgeon at Buoy 4.
Marylyn Wright of Concord caught
a 4.2-pound striper at Port Costa
using anchovies.
THE RIVERS
SACRAMENTO RIVER, RED
BLUFF: Kirk Portocarrero of Outdoor Adventures Sport Fishing reported fishing for king salmon has
been up and down lately. There are
quality fish being caught, just not a
lot of them. The average salmon is
between 15-30 pounds and they
are bright chrome in color. Anglers
are using flatfish lures and bouncing roe. Look for this week's opening of the Anderson area of the Sac
River, known as the Balls Ferry
area, to be good.

22



SACRAMENTO RIVER, RED-DING TO ANDERSON: Portocar-rero reported the rainbow trout fish ing as being good. Anglers are using flatfish lures, glo-bugs and bead head fox's poophas Nos. 16-

18 and brassies, nymphing with in

FEATHER RIVER, OROVILLE: ing for king salmon has been redictable, but there are some ity fish being had. Kings are be produced from 10-28 pounds

with sardine wrap and bouncing roe.

THE DELTA

The staff at Hap's Bait and Tackle predicts that a good salmon run should be heading their way soon, weather permitting. The chinook salmon are in the system now and Freeport area fishermen have reported that some good-sized salmon were caught over the weekend. Trollers are using wiggle warts, flatfish and Gibb's Minnows. Bank fishermen are tossing Mepp's and Bluefox spinners.

Some whopper stripers are still hangling around the Decker Island area. Jack Dinubilo of Stockton caught a 34½-pound, 43½-inch striper drifting frozen shad at Decker Island. If you put your time in and fight the wind at Decker, it can be rewarding. Paul Saubole of Galt caught a 10-pounder on shad at Decker.

Catfish can be had just about anywhere in the Delta. The best fishing is done at night in the backwaters and sloughs with chicken livers, sardines, nightcrawlers and clams.

The wind has kept sturgeon an-

racional and supplies with official and clams.

The wind has kept sturgeon anglers off the water, but black bass and catfish action has started to pick up. At Holland tract, Kurt Couington of Antioch caught a 3-pound black bass and Mike D'Angelica of Pittsburg caught a 6-pound black bass on nightcrawlers. Janisha Humphrey of Antioch caught two black bass (3 and 4 pounds), a 2½-pound striper, a 1½-pound striper, a 1½-pound

LAKE DEL VALLE

LAKE SHASTA, R

Water polo

FROM PAGE 1

American Games

American Games.
Since graduating from Cal in 1990, he has been an assistant water polo coach at Miramonte for 11 years, helping the Matadors to eight North Coast Section titles.
The Cal-Miramonte connection is strong—there are six former Miramonte players on the Cal roster.

Everist also has served as water polo commissioner at the Olympic Club in San Francisco for the past three years. The club team has produced one gold medal and two silver medals in FINA World Master competition. Since 2000, he also has been cohead coach of the Lamorinda water polo team, leading the team to the 2001 U.S. Water Polo under-20 national championship and the 2002 Northern California Zone Junior Olympic title.

"Kirk has been an Olympian

and All-American, but is now a better coach a player," said four Coach of the Year Pecoach at Cal. "He is a little to be a lit

thing we would wat
Everist will lea
that has won an NC
national champions
one coming in 199
Everist works f

company and resid

Sting

FROM PAGE 1 leaders. For the second week a row, Fernandez delivered a tworun, game-ending base hit.
Freiberger, who led the team in runs scored entering the championship game, went 4-for-4 in the final. She finished with a .500 batting average in the tournament.

a 300 batting average an ament.
On July 20, the Sting continued its tournament march by winning six straight games to take the Pleasant Hill Tournament the weekend of July 20-21.
The six-game sweep enabled the Sting to run its record to 19-6

6.
Hitting and pitching were the keys for the Sting, which hit .431 as a team and had a 0.72 ERA in the tournament.
Camila Padilla hit .647 for the six games and Ruby Shapiro had

a team-high nine RBI. Other big hitters included Freiberger, who had 12 hits, Felder with 10 and Skonberg with seven. Goddard had nine hits in the tournament, including 4-for-4 in the champi-

onship game.

The Sting pitchers were led by Felder and Yao-Cohn, who allowed 10 earned runs in the six

games.

The Sting is one of sponsored by the Alley Softball League to in the competitive renaments over the state of the s

EXTERNAL HILLS Hometown Classifieds

Every Friday, you'll find hometown jobs, m real estate and more - all from 510 are neighborhoods and businesses.

Arts



TV, image and the presidency

MAGE IS EVERYTHING in



All signs point to good for Shyamalan's latest

■ The writer/director effectively infuses his thriller with humor, fear

By Mary F. Pols

By Mary F Pols
STAFF WRITER

M. Night Shyamalan's exhilarating supernatural thriller
"Signs" functions like a thick
blanket of fog. When it's over,
you can insist you weren't fooled
by it, that you recognized all-toofamiliar landmarks through that
choking wet haze; but you can't
deny that plunging blind through
it drove your adrenaline levels
through the roof, made your
heart race and just as Shyamalan
wanted, scared you silly.

Even before we see the first
frame of the film, Shyamalan
makes it clear that he's gunning
for Alfred Hitchcock's empty
throne. The credits are stark and
retro, punctuated by a somber

Singing King of Siam on stage in Alameda





THE KING of Siam, played by Tai Connor, is surrounded by royal subjects in Alameda's upcoming "The King and I" production.

See THEATER, Page C5

EVENTS

GENERAL-

See EVENTS, Page C5

Jow are capsule reviews of movies aying at area theaters. The reviews are Pat Craig and Mary F. Pols, mes; Robert W. Butler, Knight Rid-r Newspapers; Glenn Lovell, San isse Mercury News; Anthony Breznin, David Germain, Christy Lemire, m Molloy, Shelia Norman-Culp, Mallim Ritter and Matt Wolf, Associated sess; Jan Stuart, Newsday; Stephen Jolden, Dave Kehr, Elvis Mitchell, O. Scott and Lawrence Van Gelder, ew York Times; Valerie Kuklenski, ed Shuster, Bob Strauss and Glennipp, Los Angeles Daily News; John Thomas and Kenneth Turan, so Angeles Times; Gary Dowell, Tomaurstad, Chris Vognar and Philip untoh, Dallas Moming News; and opper Moore, Orlando Sentinel.

Roger Moore, Orlando Sentinel.

"ABOUT A BOY": A charming adaptation of Nick Hornby's wonderful comic novel of the same name. Hugh Carnt is at his best, playing, as he did in "Bridget Jones's Diary," a bounder extraordinaire, a 38-year-old commitment-phobe who does nothing but shop, play with his electronic toys and live off his songwriter father's royalties. He finds redemption, alibeit grudgingly, when one of his games, a scam to date single moms (more sex, less commitment!) backfires on him and he is forced into a friendship with a lonely, dorky 12-year-old named Marcus (Nicholas Hoult). Too much voice-over, and a rather contrived ending, but a nice night out at the movies. — M. Pols. (PG-13: brief strong language and some thematic elements).

"THE BOURNE IDENTITY": Director Doug Liman ("Swingers," "Go") revi-talizes the thriller genre with this brisk

"THE CROCODILE HUNTER: COL-LISION COURSE": Steve Irwin, Mr.
"Don't try this at home!" makes a terrific, kid-friendly big-screen debut. The movie surrounding him is as lame as a three-legged dingo, but the heroic goofball naturalist shines in a comedy that entertains as it teaches us about the killer critters Down Under. The film's plot has a satellite film canister crashing in the Outback. A croc eats it. Competing U.S. intelli-gence agencies want it. And all Stevo wants to do is keep the croc from be-ing shot by rancher Brozzie, played by Babe the pig's farmer mom, Magda Szubanski. "Wild Kingdom" was never this much fun. Irwin is a hoot. And his rough-and-ready cheer-fulness makes a great argument for Aussies being the last Real Men on Earth. — P. Moore. (PG: action vio-lence, danger, mild language) 1 hour. 30 minutes. P.

"DIVINE SECRETS OF THE YA-YA SISTERHOOD": Director Callie Khouri's adaptation is more restrained than Rebecca Wells' overwritten book

sensuality 1 hour, 56 minutes. C
"ELLING": Cutesy but compelling
Oscar nominee from Norway about a
couple of middle-aged mentally challenged men set up in their own Oslo
apartment by the state, in the hopes
that they can be mainstreamed. The
movie tags along on their journey toward normality: i.e., they learn to
shop at the supermarket, answer the
telephone and use public restrooms.
They're prodded by an amusingly unconventional social worker, and aided
by a legendary poet and a vastly
pregnant neighbor. The story is pleasing and sweet, but hampered by the
fact that these two seem barely challenged, and slip in and out of dysfunction to suit the story. — M. Pols.
(R: language and some sexual content) 1 hour, 30 minutes. B-

THE FELLOWSHIP OF THE RING"

tion of Nuture.

Item of white the control of the c

12 minutes. C

"INSOMNIA": In this moody thriller from "Memento" director Christopher Nolan, Al Pacino plays a Los Angeles cop under investigation by Internal Affairs. Apparently to keep him out of trouble, his superiors ship him off to the part of the part of the property of the part of the p Affairs. Apparently to keep him out of trouble, his superiors ship him off to Alaska to help out with a murder mystery in Nightmute, a town right out of David Lynch. But no one reminded him to bring his sleeping pills to the Land of the Midnight Sun. As Pacino gets closer to catching the killer, he gets more and more exhausted and freaked out. Pacino is in top form (it's a no-shouting, no-spitting role for him, thankfully), and all the supporting actors, from Robin Williams in an unusually dark role to Maura Tierney as a sympathetic innkeeper, do fine work. May lack the creative spark of "Memento," but it's a more complete movie: tightly paced, intelligent and emotionally engaging. — M. Pols. (R: language, some violence and brief nudity) 1 hour, 55 minutes. A"ITALIAN FOR BEGINNERS":

lonely people take Italian lessons one winter in Copenhagen and begin, ten-

M. Pols. (R: language and some sexuality) 1 hour, 39 minutes. A"K-19: THE WIDOWMAKER": The gloomiest movie of the summer, a worthy but ponderous submarine flick that might as well be called "Das Dreary Boot." Based on a real-life Cold War incident in which a Russian nuclear sub faced a catastrophic meltdown just off the East Coast during the summer of 1961. Featuring Harrison Ford, intermittently assuming a Russian accent, and at his glummest ever as the captain of the ill-lated vessel. Since Ford at his glummest ever as the captain of the ill-lated vessel. Since Ford at his glummest ever as the captain of the ill-lated vessel. Since Ford at his glummest faced in the proposed process of the proposed process of the proposed process of the proces

C. HICKEY, [PG: biter throu ranguage) hour, 40 minutes. C+
"LILO & STITCH": With so many 3-D offerings, this latest Disney release is here to remind audiences of the pure pleasures of flatness. It's happy/cool/weird in ways only a cartoon can be. Underneath all that cartoon craziness, however, some real emotions flash. Lilo [Davegh Chase) is a young Hawaiian girl feeling disconnected since she and her older sister, Nani (Tia Carrere), lost their parents. Stitch, the freakish creation of an evil alien scientist, has escaped to Earth, but the pursuit is on. Lilo adopts Stitch as an ugly little creature no one else would want, and the love and friendship that blooms teaches them both important lessons about life. — T. Maurstad. (PG: mild action.) 1 hour, 25 minutes. B
"LOVELY AND AMAZING": Writer/di-

'MEN IN BLACK II": Director Barry

MR. DEEDS

FRIDAY MOVIE LISTINGS

Alameda County

30 My Wife is an Actress (R) 7:15, 9:30.

1115 Solano Ave, Albany 510-843-3456 •Lovely & Amazing (R) 4:40, 7, 9:30. •Sunshine State (PG-13) 5, 8

California Theatre

California I neatre
2113 Kittedge St, Berkeley 510-843-3456
413 Conversations About One Thing (R)
12:20, 2:30, 4:45, 7, 9:15.

Austin Powers in Goldmember (PG-13) 12:30, 2:45, 5, 7:15, 9:30. •Men in Black II 1:30, 3:30, 5:30, 7:30,

Chabot Space & Science Center

Mysteries of Egypt (Not Rated) 12:30,

October Sky (PG) 7:30
 To Be an Astronaut (Not Rated) 10:30

Elmwood 3

Elmwood 3
2966 Collage Ava. Berkeley 510-649-0530
2916 Lollage Ava. Berkeley 510-649-0530
2916 Lord of the Rings (PG-13) 12:30, 4.
Notorious C.H.O. (Not Rated) 7:30, 9:30.
Promises (Not Rated) 3:10, 7:15
2512 Wars: Episode II (PG) 12, 2:50, 5:40.

•The Bourne (10.1)
10.
•Lilo & Stitch (PG) 11:20, 1.
•Road to Perdition (R) 1, 4, 6:45, 9:15.
•Signs (PG-13) 11:30, 2, 4:30, 7, 9:30.

Jack London Cinema

ortin Lawrence Live: Runteldat (R) 10, 2:15, 4:50, 7:30, 10:05.

9 55.
•Signs (PG-13) 11:10, 12:10, 1:45, 2:45, 4:20, 5:20, 7, 8, 9:35, 10:35.
•Stuart Little 2 11, 1:10, 3:20, 5:30, 7:35,

Renaissance Oaks Theatre

1875 Solano Avenue, Berkeley 510-526-1836 •Read My Lips (Not Rated) 1:30, 4:30, 7:15, nd to Perdition (R) 1, 4, 7, 9:30.

Parkway Theater
1834 Park Blvd., Oakland 510-814-2400
•About a Boy (PG-13) 7.
•Minority Report (PG-13) 6:30, 9:30.
•Scooby-Doo (PG) 9:45.

Piedmont Theatre
4188 Pledmont Ave, Oakland 510-843:3456
Füll Frontal (R) 12, 2:20, 4:45, 7:15, 9:45,
6Lovely & Amazing (R) 1:30, 4, 6:45, 9,
6My Big Fat Greek Wedding 1:45, 4:15, 7,
9:15.

Shattuck Cinemas *
2230 Shattuck Ave., Berkeley 510-843-3456
• The Country Bears (G) 12:15, 2:30, 4:35,

The Diaries of Vaslav Nijinsky (Not Rated) 2:20, 2:35, 4:45, 6:55, 9:10. • The Diarres of Vestales Nijinsky (NOT Hated 12:20, 2:35, 4:45, 6:55, 9:10. • Full Frontal (R) 2, 4:30, 7, 9:40. • Lillo & Stitch (PG) 12:25, 2:40. • Martin Lawrence Live: Runteldat (R) 12:45, 2:55, 5:10, 7:30, 9:45. • Monsoon Wedding (R) 1:50, 4:40, 7:20, 9:45.

My Big Fat Greek Wedding (PG) 2:10, 6:35, 8:45. ers and Tides 12:35, 2:40, 4:45, 6:55

9:15
•Sex and Lucia (NR) 1:15, 4:05, 7:05, 9:50.
•Siddhartha (Not Rated) 9.
•Y Tu Mama Tamblen (NR) 4:50, 7:10, 9:35.

United Artists Berkeley

The Bourne Identity 11:20, 2:15, 5, 7:40,

10:30 6K-19: Widowmaker 12:45, 4:15, 7:20, 10:40 •The Master of Disguise (PG) 11:10, 1:20 3:35, 5:50, 7:50, 10 •Minority Report (PG-13) 12:15, 3:30, 7,

United Artists Emery Bay

10 **
830 Christie. Emeryville 510-420-0107
•Austin Powers in Goldmember (PG-13)
11:30, 2, 4:45, 7:30, 10, 12:30,
•The Country Bears 11:20, 1:30, 3:40,
550, 8:10
•K-19: The Widowmaker 12:10, 3:40, 7:10, 10:20

10:30 - Like Mike (PG) 11:10, 1:30.
•Martin Lawrence Live: Runteldat (R) 11, 1:30, 4:15, 7, 9:45, 12:30
•The Master of Disguise (PG) 11, 1:15, 3:30, 5:45, 8, 10:15, 12:30
•Men in Black II 11:15, 1:30, 3:45, 5:55, 8:15, 10:30

10.30.

•Minority Report (PG-13) 3:50, 7, 10:20.

•Reign of Fire (PG-13) 10:40.

•Road to Perdition 11:15, 2, 4:45, 7:45,

10:45. •Signs (PG-13) 11, 11:45, 1:45, 2:30, 4:30, 5:15, 7:15, 8, 10, 10:45, 12:30.

Central Contra Costa

Renaissance Orinda Theatre

Orinda Theatre Sq., Orinda 925-254-9666 •Lilo & Stitch (PG) 12, 1:45. •Lovely & Amazing (R) 3:30, 5:30, 7:30, Road to Perdition (R) 12:45, 3:45, 6:45,

Renaissance Park Theatre 3519 Golden Gate Way , Lafayette 925-283-79

My Big Fat Greek Wedding (PG) 7, 9:19

•Reign of Fire 12:15, 2:30, 4:30, 7:40, 9:40. •Stuart Little 2 (PG) 3:15, 5:15, 7:15, 9.

West Contra Costa

Century 16 Hilltop
3200 Kloss Way, Richmond 510-758-2245

•Austin Powers in Goldmember (PG-13)
1110, 111-40, 12-10, 12-55, 12-5, 2-235,
3:50, 4:25, 6:15, 6:50, 8, 8:40, 9:15, 10:25,
7the Country Bears (G) 12, 2:20, 4:30, 7,
eEight Legged Freaks (PG-13) 5, 7:25, 9/55 ●K-19: The Widowmaker (PG-13) 1:15,

10, 10-15 The Master of Disgulse (PG) 11:45, 1:50, 55, 6:20, 8:20, 10:20, Men in Black II (PG-13) 11:15, 1:25, 3:35, 45, 8:10, 10:30, Mr. Deeds (PG-13) 3:15, 5:35, Region of Fire (PG-13) 9:45, Road to Perdition (R) 11:05, 1:55, 4:45,

Signs (PG-13) 11, 11:30, 12:15, 1:30, 2, 2:45, 4, 4:40, 5:20, 6, 6:35, 7:10, 7:50, 8:35 9:05, 9:50, 10:30. •Stuart Little 2 (PG) 11, 1, 3:10, 5:15, 7:15,

San Francisco

AMC Van Ness 14 *

•Austin Powers in Goldmember (PG-13) 12, 1:30, 2:30, 4, 5, 6:30, 7:30, 9, 10, 11:30 The Bourne Identity (PG-13) 12, 2:45, 5:30, 8:30, 11:15. ●The Country Bears (G) 12, 2:15, 4:20, 7. ●K-19: The Widowmaker (PG-13) 12:45, 4,

7, 10:15.

Martin Lawrence Live: Runteidat (R) 1:15, 4, 6:30, 9, 11:30.

The Master of Disgulse (PG) 12:45, 3, 5:15, 7:30, 9:45, 12.

Men In Black II (PG-13) 12:15, 2:30, 4:45, 7:15, 9:30, 1:145.

Minority Report (PG-13) 12:30, 3:45, 7:15, 10:30.

•Reign of Fire (PG-13) 9:15, 11:45. •Road to Perdition (R) 12:15, 3:30, 7:15,

•Signs (PG-13) 12:15, 1, 2:45, 3:45, 5:30, 7 8:15, 9:45, 11, 12:15. eStar Wars: Episode II - Attack of the Clones (PG) 12:30, 3:45, 7, 10:15.

Stuart Little 2 (PG) 1, 3, 5, 7, 9, 11.

Austin Powers in Goldmember (PG-13) 12:05, 2:40, 5:15, 7:50, 10:25.

The Country Bears (G) 12:15, 2:30, 4:45,

The Master of Disguise (PG) 12:25, 3,

Men In Black II (PG-13) 12:45, 3:10, 5:35, 10, 10:35

0:40 Road to Perdition (R) 1:20, 4:30, 7:30, Stuart Little 2 (PG) 12:35, 2:50, 5, 7:10,

Bridge Theatre *
3010 Geary Blvd, San Francisco 415-352-0818
•Sex and Lucia (Not Rated) 1:30, 4:15, 7,

Castro Theatre *

ancisco 415-621-6120 lated) 7, 9.

0810 •My Wife is an Actress 12, 2:20, 4:40, 7,

0810 ▶13 Conversations About One Thing (R) ≥10, 4:50, 7:20, 9:40. ▶Lovely & Amazing (R) 12:10, 2:20, 5, 7:30,

9:50.

•Monsoon Wedding (R) 1:50, 4:30, 7, 9:45.

•Tadpole (PG-13) 12, 2, 4, 6, 8, 10.

•Y Tu Mama Tambien (NR) 2:40, 5:10, 7:40,

Opera Plaza Cinema *

1087 PRIvers and Tides (Not Rated) 6, 8, 10.

Loews Theatres Metreon *

The Bourne Identity (PG-13) 12:30, 3:50, 7:05, 10:05. The Country Bears (G) 11:40, 2:10, 4:40,

3.30, 6-40, 10-10.

**Martin Lawrence Live: Runteldat (R)
11-20, 2-20, 5-10, 8, 11.

**The Master of Disguise (PG) 10-40, 1,
320, 5-40, 8-10, 10-30.

**Men In Black II (PG-13) 11-30, 2, 4:30,
650, 9-10, 11-30.

**Men In Black II (PG-13) 11-10, 2:50, 6:20,

**Men In Black II (PG-13) 11-10, 2:50, 6:20,

Reign of Fire (PG-13) 3:10, 6:10, 11:20. Road to Perdition (R) 12:40, 4:10, 7:30, 10:40. ●Signs (PG-13) 10:30, 11, 1:10, 1:50, 4, 4:50, 7, 7:50, 10, 10:50. ●Stuart Little 2 (PG) 12, 2:30, 5, 7:40, 9:40.

Loews Imax Theatre * 01 Fourth Street. San Francisco 415

Mysteries of Egypt (Not Rated)
11:30, 12:30, 1:30, 2:30, 4:30.

Signs (PG-13) 6, 8:50, 11:40.

Ultimate X (PG) 3:30.

United Artists Galaxy *
1285 Sutter St., San Francisco 415-474-8700 •Baran (PG) 10.
•Baran (PG) 10.
•Gangster No. 1 (R) 11:15, 1:50, 7:30, 10.
•My Big Fat Greek Wedding (PG) 11:30, 2, 7, 9:45.

7, 9:45.

•Read My Lips (Not Rated) 11:10, 1:50, 7:30, 10.

•Who is Cletis Tout? (R) 11, 1:50, 7:30.

BROADWAY VOLKSWAGEN

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Reviews

heater

different way." o go, Mole! Atta toad,

JAZZY 'WIZARD': "The me jazzed-up, modern me of Frank L. Baum's wonderful Wizard of Oz," Aug. 9 at Woodminster theater, 3300 Joaquin r Road., Oakland. The mu-lays at 8 p.m. Fridays,

Saturdays and Sundays through Aug. 18.

"The Wiz" is directed by James Schlader, choreographed by Harriet Schlader and is under the musical direction of Frank M. Johnson.

"Traditionally, this musical has had an African-American cast," says director Schlader. "It is a high-energy version of the original."

Tickets are \$17, \$25 and \$29. Call 510-531-9597, or visit

www.woodminster.com.
A BOUNCY 'MATTRESS': Another jazzy overhaul of an old classic also opens next Fri-day, Aug. 9, at the Julia Mor-gan Theatre, 2640 College Ave. Berkeley. Campers from Stage Door Conservatory's "On Broadway" program for grades 5 through 9 will perform "Once Upon a Mattress" (nee "The Princess and the Pea"). Appropriate for ages 5 and up.

The Friday performance is at 7:30 p.m. Saturday and Sunday shows are at 5 p.m.

Tickets are \$12 general; \$8 for seniors, children and students with valid ID. Call 510-527-5939.

CCC CALLS YOUNG AC-

and 2 p.m. Saturday, Aug. 10, at the school's performing arts center, corner of El Portal Drive and Castro Street, San Pable.

strike out. "It didn't feel right not to swing," he mutters.
 "Signs" is beautifully shot by Tak Fujimoto, who began his career with Terrence Malick's striking 1973 film "Badlands" and shot "The Sixth Senser for Shyamalan. Aside from one somber trip to town, during which we catch our first glimpse of Shyamalan in a smallish but important role — Hitchcock-like, he always gives himself a cameo — and pay a visit on an eccentric army recruitment officer who is two parts David Lynch and one part Coen brothers, the family barely leaves the farm.

Like most American families in times of crisis, the Hesses spend a lot of time watching TV to find out what's going on in the rest of the world (in capturing that mood, it might be the most realistic movie of the year). Playing with angles, even exploring pitch darkness at one point, Fujimoto keeps "Signs" alive visually.

The gaps in action are filled

ally.

The gaps in action are filled with some fond, family-style humor, much of it in the same vein as Spielberg's "E.T." Not long after the sign appears, Graham does a double take to find his

vents

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STAGE .

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— "The Heldi Chronicles" by Wendy
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"Aladdin and the Wonderful Lamp" by Gerald Wright, Aug. 2 through Aug.
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597-5027. WOODMINSTER AMPHITHEATER "The Wiz" by L. Frank Baum, Willia Brown and Charlie Smalls, Aug. 9

ASHKENAZ — Fireproof, Aug. 2, 9:30 p.m. \$10. Rokia Taore, Kasumai Bare, Aug. 3, 9

\$8
Brass Menagerie, Aug. 6, 8:30 p.m. \$8
Brass Menagerie, Aug. 6, 8:30 p.m. \$8
Brenda Boykin and Home Cookin', Aug
7, 9 p.m. \$8
Canal, Aug. 9, 9:30 p.m. \$12 to \$15,
Affro-Muzika, Aug. 10, 9 p.m. \$12
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ann

rnment hardly at

back-announce the composer and year, which KDFC dutifully does, of course. But the S.F. classical station, which placed a strong seventh in the latest local radio ratings, goes even further, adding historical context in a feature called "Blind Date," by not just giving a blind date.

Date," by not just giving a blind date.

After giving the year Telemann composed his "Quartet for Four Violins in A," for example, the station explained that this was the same year (1831) chloroform was invented and also the same year Darwin set out on his famous voyage of discovery on HMS Beagle to the Galapagos Islands. And how many places on the dial can learn some history and hear good music?

Speaking of classy radio, it's good to see National Public Radio finally getting its due. Showtime will rerun "Our America" next Wednesday (Aug. 7) at 8 p.m. In case you missed its premiere last Sunday, it's the true story of Chicago's gutsy NPR affiliate hiring two black teenagers

from the city's housing projects to document their day-to-day life for a controversial, awardwinning documentary called "Ghetto 101."

The two young men did a follow-up report in 1994, on the death of a child in the projects, that eventually won the two a prestigious Peabody Award and their NPR producer, David Isay, a MacArthur "Genius" Grant. If you get Showtime, don't miss this fine film.

More class acts: After schepping up to Rohnert Park from the East Bay for years to broadcast minor-league games on a tiny public FM station (partly to keep his announcing chops up), it's great to hear Alameda's Steve Bitker doing more A's games this summer, subbing for Bill King. The KCBS sports anchor has also been getting in plenty of nice plugs for his home town, once even calling Alameda "our little island paradise." ...

If you think you look blearyeyed when you get up, you should have seen the half-asleep Fremont schoolkids one

day last week. They were assembled for a 5:17 a.m. live shot with KPIX weatherman Lawrence Karnow to plug that East Bay city's Festival of the Arts.

It could have been worse, Lawrence: One morning a couple of years ago, KGO shipped weatherman Joel Bartlett over to Alcatraz at that early hour to do a live shot plugging a thirdrate ABC show. To add to the misery quotient, Bartlett was then chained to a KGO sports anchor in a jail cell.

Finally, one Berkeley reader forwards these new song titles for old hits that will accommodate radio's aging Boomer audience. These are guaranteed to get your feet tapping: "Mrs. Brown You've Got a Lovely Walker," "Fifty Ways to Lose Your Liver," "You Make Me Feel Like Napping," "Talkin' Bout My Medication" ... And my personal favorite: The Temptations, singing "Papa's Got a Kidney Stone."

Calendar



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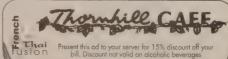


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FROM PAGE C5

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Berkeley, 510-649-3810
FREIGHT AND SALVAGE — Modern Hicks and the Warblers, Aug. 2.
\$15.50 to \$16.50.
Talk of da Town and the Mighty Prince Singers, Aug. 3. \$15.50 to \$16.50
The Byron Berline Band, John Hicknam Aug. 4. \$15.50 to \$16.50
The Hot Buttered Rum String Band, Aug. 6. \$14.50 to \$16.50
Paul Rishell and Annie Raines, Aug. 7.
\$15.50 to \$16.50
Gunnar Madsen, Aug. 8. \$15.50 to \$16.50.
Henn-Pierre Koubaka, Aug. 9. \$15.50 to

Gunnar Madsen, Aug. 8: \$15.50 to \$16.50.
Henn-Pierre Koubaka, Aug. 9. \$15.50 to \$16.50 to \$16.50 to \$16.50 to \$16.50 Jim Hurst and Missy Raines, Aug. 11 \$15.50 to \$16.50 Call for unlisted prices. Music starts at 8 p.m. 1111 Addison St. Berkeley. 510-548-1761 or 510-762-BASS or www.freightandsalvage.org

THE GREEK THEATRE — Čake, Flaming Lips, De La Soul, Modest Mouse,
Kinky, The Hackensaw Boys, Aug. 10, 5
p.m. \$35. Hearst Avenue and Gayley
Road, Berteley, 510-44-1TKS, 415-421TIXS, sfx.com or ticketmaster.com
A PENA CULTURAL CENTER — Juilius Courtney Big Band, Aug. 2, 8
p.m. \$12 to \$14.
Lady Blue, Deuce Eclipse, Shania D,
Lickshot Crew, Aug. 9, 8 p.m. \$10
De Rompe y Raja with Lucho Cabrera,
Aug. 10, 8 p.m. \$13 to \$15
3105 Shattuck Ave., Berkeley, 510-8492568 or www.lapena.org

gsnt, Pirx the Pilot, Deconditioned, Blast Fo Me, Aug. 2.< The Enemies, Divit, The Fleshies, The Blottos, Maneurysm, Aug. 3 The Locust, Lightning Bot, Arab on Radar, Hella, Aug. 4 The Explosion, The Darm Personals, Modern Machines, High Wire Days, Aug. 9

Aug. 10
Yaphet Kotto, Calvary, Omega Cinco,
The Shivering, Aug. 11, 5 p.m.
For all ages. Shows are \$5 unless othe
wise noted. Shows begin at 8 p.m.
and Sunday shows at 5 p.m. 924

Stop veter, Gadus winer, Aug. 2: 5rt 191nky, Virgin Mega Whore, Hope Child, Aug. 3: 55. Morid Wide Wid Witch Women for the Trees, Pandemonaeon, Kioka Grace and Land of the Blind, Wendy Wu, Cati McWir, Aug. 8: 9:30 p.m. \$5. eft Hand Smoke, Schfvilkus, Aug. 9: 9:30 p.m. \$7. Mark Growden's Electric Pinata, Beth Custer Ensemble, Aug. 10, 9:30 p.m. \$7.

ance Class and Ceili," Monday, 7
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Shay Black, Sunday. Sliding scale
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and Interstate 880, Oakland, 925-7622277, 510-762-2277, 415-478-2277,
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\$24. unday matinees are \$5 per child and \$10 per adult with one child. Shows are Monday through Saturday, 8 p.m. and 10 p.m.; Sunday, 2 p.m. and 8 p.m. unless otherwise noted. 510 Embarcadero West, Oakland. 510-238-

ARDENCY GALLERY — "First Year An-niversary Group Exhibition," through Aug. 17. New works from various

yart.com
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Jeanette Madden, closing Aug. 3. An
exhibition of portraits of the black male
by Roussan and paintings exploring in
texture of black hair by Madden. Free
Tuesday-Friday, 11 am-6 p.m.; Saturday, noon-5 p.m. 912A Clay St., Oakland. 510-832-4CHI

GALLERY 555 — "Balancing Acts."

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JUNE STEINGART GALLERY — "Ele-mental," through Aug. 22. New paint

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FROM PAGE C10

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Section **D**

Classic Classics: A 1923 Bentley race car [D2]

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Immediately after World War I, Bentley began building sports cars that were only a half-step away from race cars. The Bentleys were very fast and durable. These vehicles were victorious five times in the 1920s Laberre.

are on the eve of the two automobile companies once again going their separate ways.

Turning back to when Bentley was an independent motor car manufacturer, records indicate that a car was ordered by a Mr. Lapizburn of Bournemouth, Dorset, in order for him to go racing at Brooklands, the famous banked racing circuit. The company was quick to accommodate.

A three-liter silver and blue open tourer with a lightweight aluminum body by Park Ward was delivered on a 120-inch wheelbase in August 1923.

Over several years the 75-horsepower car was entered many times at Brooklands. In July 1924, the car achieved a lap speed of 96 miles per hour. The person who purchased the racy Bentley from the original owner is unknown.

The car resurfaced in 1950 in Connecticut and years later was sold to a Rhode Island man who is a neighbor's car, row green, until the autumn of 1987, when the neighbor casually mentioned that he was going to free up garage space by getting rid of this gem. "Go no further," Sydlowski said. "That's my car."

VERN PARKER



OWNER had this 1923 Bentley race car restored in England and now has driven it "almost 40,000 troub

to bead beautifully. Sydlowski's solution to driving in an open car in the rain is simply to go faster.

Sydlowski says the best part of owning a vintage Bentley is being part of the Bentley Driver's Club. The members make own-

HILLS NEWSPAPERS REAL ESTATE & HOME



SPARE PARTS

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Mercedes sports coupe least expensive model

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According to the Detroit

Regular maintenance tips for older car

Phyllis Masters, Riverside, Calif.

A I'll assume your car is in good condition and we need to concentrate on maintaining it.

News, Toyota said it expects full-scale commercialization of fuel-cell vehicles to begin in 2010 at the earliest.

how long the good times will last is anyone's guess, but market watchers say incentive fever could last into the fall, according to a report in the Los Angeles Times.

While it does, buyers who do a little research and are willing to compromise on issues such as exterior color or trim and equipment levels can find substantial savings as the 2002 models peter out.

Going on vacation? Overloading your vehicle creates excessive heat inside your tires. Before loading the trunk and roof rack, check the manufacturer's recommendations foloading your vehicle.

This information is generally located on the vehicle's placard which can usually be found on the door post or in the owner's manual.

The good time feverage your frequency of inspection.

Some cars guzzle oil, leak coolant or have leakly tires, while colarlar or have leakly tires and the solution. I'd take the car in for an oil and titler arely need attention.

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FROM PAGE D1

Drive system that keeps the SUV stable in all types of road conditions. Honda's VTM-4 technology is engaged at all times so that the driver never has to wait for slippage to occur before traction is activated.

In addition, a button on the dash panel will allow the driver to put VTM-4 in a lock mode. This locking mode is useful when a driver is traveling in extra slippery conditions or preventing the vehicle from getting stuck in mud.

The Pilot is designed for only medium-duty off-road use and is not targeted toward true off-road use. In its own tests, Honda built the Pilot to meet certain off-road standards, such as climbing a 28-degree dirt hill and a 31-degree paved slope (with a two-passenger limit).

The Pilot does have 8 inches of ground clearance, a heavy-duty air filter to remove dust from the engine's air supply, and a towing capacity of 4,500 pounds when

properly equipped with the optional tow package.

The automaker says its customers will use this SUV primarily for on-road, family needs. The unit-body construction, as well as lower standards of off-roadability, allowed engineers to build the Pilot with higher levels of sedan-like refinement and

HONDA PILOT

| Vehicle Type . | | | | | | | | E | Eig | gh | ıt- | p | a | SS | se | n | a | er | f | ul | - | si | Zε | e fi | οu | IP- | wh | 69 | d | rive | 9 5 | U | V |
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| Torque | | | | | | | | | | | | | | | | | | | | | | | | | | .2 | 42 | at | 4, | 50 | 0 1 | pr | r |
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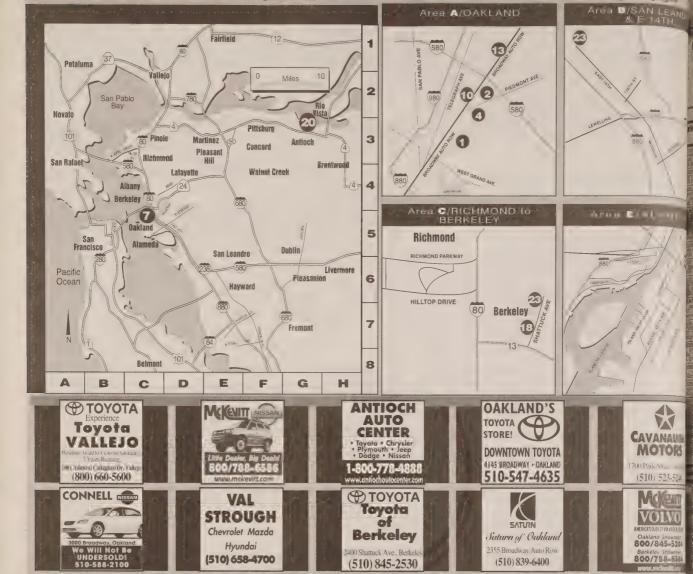
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ANNIE FEIN

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The beautiful rose perfectly shaped are not signs of suffered to serve the roasted peaches with meat.

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Peach recipes by Ronnie Fein

- ROSTED PEACHES WITH
 FRESH HERBS
 4 large ripe peaches
 2 tablespoons melted butter
 1 1/2 tablespoons sugar
 1 1/2 tablespoons chopped
 fresh lemon verbena or rosemary
 1 teaspoon, chopped fresh
 thyme or mint
 Preheat the oven to 375 degreess.
- thyme or mint wish to capitalize on Preheat the oven to 375 desand simply can't grees.

 fruit you find, there Cut the peaches in half and re-



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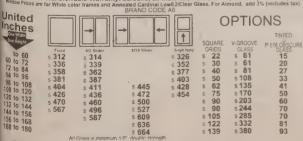
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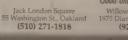


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Pasta: The right shape for the right sauce

KNGHT RIDDER NEWSPAPERS
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Thicker pasta shapes, such as fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges such as mostaccioli or radiatore, are perfect for chunkler sauces.

Here are five pasta shapes the will get you out of the macaroni rut:

Description of the sauces of the pasta source these are five pasta shapes of the pasta source these are of the pasta source these areas and the pasta source the pasta source these areas and the pasta source the pas

Cook perfect pasta



WHEN MAKING PASTA DISHES, choose a pasta shape and sauce that complement each other. Thin, delicate pastas should be served with light, thin sauces. Thicker pasta shapes work well with heavier sauces. Pasta shapes with holes or ridges are perfect for chunkier sauces.

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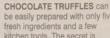
block of chocolate and melt the pieces in a saucepan. The beauty of using microwaveable chocolate wafers for truffle making is that liquid makes it solidify quickly. So, get ready to stir after adding the cream and liquid flavoring to your bowl of melted chocolate. Once smooth and fudge-like, the ganache is ready for chilling in the refrigerator. Fifteen minutes is about all you need to wait before rolling it into small balls. Don't worny about forming flawless balls. They'll be rolled in sifted baking cocoa before their final dip in melted chocolate. For a delicious mallow taste, ganache balls can be rolled in Saco Foods' Premium Cocoa, one of the few powdered baking ocoas to use a natural Dutch-process to reduce cocoa's acidity, making your truffles even more pleasing to the palate.

Whether time-pressed or talent-

palate.
Whether time-pressed or talentshy, impressing guests or simply treating yourself to hand-made trufles is a luxury you can afford.
For more cooking and baking tips, and award-winning recipes, visit Saco Foods' Web site at www.sacofoods.com, or call the www.sacofoods.com, or call the can suit those with either light or heavy appetites, as well. For example, real men do eat quiche — if it's hearly enough. Denver Quiche, a case in point, combines the time-tested flavors of a Denver omelet — ham, onion and green pepper—with a substantial noodle crust. There's plenty of protein from the ham-studded egg and milk custard to meet a full third of the day's needs. Yet, each portion comes in at just over 200 calories and 8 grams of fat a serving. Quite simply, Denver Quiche will fill you up but not fill you out.

sifted Daking Coess.
Using toothpick, dip balls quickly into melted Dolci Fruita. Set aside to cool on waxed paper.
* Up to 2 tablespoons of ground nuts or chopped fruit can be added if desired.

steaming some veggies, all that's needed is to combine the ingredi-ents in a pie plate and put it into the oven. It's an easy dish to make at any hour of the day.



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4 ounces (about 2 cups) fine egg
noodles, cooked and drained
1 cup chopped green peppers
3 tablespoons chopped onion

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After

eakfast time of

chopped

2 tablespoons mustard seed
1 ounce crystallized ginger,
crushed
2 dried red chili peppers
Place the peach slices and
cider vinegar into a saucepan and
bring the ingredients to a boil.
Lower the heat and cook for 10
minutes.

minutes.

Add the sugar, onion, raisins, currants and bell pepper. Stir to combine ingredients.

Add the mustard seed, ginger

izzling Summer Sale!

and chili peppers.

Cook mixture at a bare simmer for about 1 1/4 to 1 1/2 hours or until the mixture is thick, stirring occasionally.

Pack into hot, sterilized jars according to manufacturer's instructions, or refrigerate in tightly closed plastic containers. Makes about 3 pints.

Ronnie Fein is the author of "The Complete Idiot's Guide to Cooking Basics" (MacMillan, third edition, \$16.95).

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Grilled cheese gets an upgrade

BY AMANDA HESSER

BY AMANDA HESSER

NEW YORK TIMES NEWS SERVICE

Think for an instant about a ham
and cheese sandwich, a fancy ham
and cheese, with prosciutto and a
silice of Asiago slipped between
silices of good country bread, sprinided with olive oil. You could eat it
and be splendidly pleased.
But if you warmed up your waflee maker — or newly purchased
sandwich press — and put the sandvich inside, you would have somehing altogether different.
It may seem like a small change,
put it distinguishes a sandwich that
has become known as a panino
panini when plural), named after the
talian word for sandwich, which is
sometimes, but not always, pressed.
A little heat and pressure have a
vay of elevating a sandwich above
ts station, and panini are really no
more difficult to make than a reguar sandwich.

station, and panini are really no red difficult to make than a regusandwich. In case you are tested by a nervy est, a panino is technically nother more than a roll, and when it is ing referred to as a preparation, it as simply a sandwich, not necsarily a toasted one. Like all things in Italy, panini vary m region to region. In Bologna, ay might come on rosettes; in one, on focaccia. You might be ked if you want them toasted, or ay might be served without choice. Jason Denton, an owner of 'ino, Greenwich Village restaurant that akes perhaps the best, and leanty, prefers the skimpy Italian vern. "As far as they go, less is more," said. "The more you put into it is eless you're going to taste discrively."

he said. "The more you put into it the less you're going to taste distinctively."

This, I found, is true. A single basil leaf or a slice of Black Forest ham goes a long way. Forget the heros and grinders of your youth. The panino is a grown-up sandwich with slim portions and dense flavor. It is as much an integrated creation as it is a showcase of your favorite flavors. With that in mind, I headed to the grocery store for fresh marjoram, sheep's milk ricotta, San Daniele prosciutto, figs, basil, tomatoes and onions.

At home, I pulled my waffle iron from the closet. The iron has a variety of plates that you can clip into it, one of which has long shallow ridges. This proved to be the perfect cooking surface. The pattern is Impressed into the bread without furning it into a waffle. (The goal is to compact the ingredients without flattening the sandwich.)

Although the flavor of the bread is secondary to the flavor of the therating, it is the backbone of a panino. As such, it must have the proper texture and thickness.

Many restaurant panini are made with ciabatta or a springy, strong sandwich bread. At 'ino, for instance, Blue Ribbon Bakery provides a ciabatta rolf for it that is slightly undercooked. The bread is moister inside so that once toasted, it is not too dry or runchy. The restaurant also cuts the top crust off, so there is a chewy bottom crust and a moist, delicate top.

Special-ordering bread seemed a little excessive.

Liberty Hotel Restaurant Sunday Champagno

Brunch

moist sandwich bread, sliced thickly. For sweet panini, I bought bricche rolls. I cut the clabatta in half and pulled out some of the center so that there would not be too much bread, as compared with the filling. This is something to experiment with. You want to be sure not to compensate for the bread with more filling. Then you would have a hero, not a panino. Fillings are an open field, but should be limited to four flavors. At least one of them should be a meat or a cheese, for richness and flavor. You cannot go wrong with ham — smoked ham, cured ham, ham rolled in rosemary and thyme — but firm pates and sliced chicken can also be good.

dar.
Ingredients like onions and tomato work as they do in any other sandwich, as subtle notes of flavor. What you don't want to do, though, is pile them on as you would for a regular sandwich. You should only add tomato, for instance, for moisture or sweetness. In a panino with Black Forest ham and a lemon mayonnaise, I added sliced tomato and lots of lemon to the mayonnaise to tone down the smokiness of the ham.

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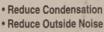


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